

# goodFOOD

EST 1989 MIDDLE EAST

April 2024  
DHS15

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## Perfect for celebrations

Knafeh nests • Millionaire's burfi • Tahini Mississippi mud pie



# 15

ways to  
reduce your  
food carbon  
footprint

## Superfood swaps

Pack goodness into your meals without breaking the bank

CPI

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# BATAFURAI

## LADIES NIGHT

SET FREE OF ALL INHIBITIONS AT AKIRA BACK'S BATUFURAI LADIES NIGHT.

CHOOSE BETWEEN THE LOUNGE OR THE MAIN RESTAURANT WITH STUNNING VIEWS. ENJOY 2 HOURS OF UNLIMITED SELECTED BEVERAGES AND A SELECTION OF SHARING PLATES.

**EVERY MONDAY**, FROM 7PM TO 11PM

**AED 250** FOR LADIES | **AED 399** FOR GENTS

*Akira Back*

**MICHELIN**  
**2023**





# Welcome!

In this edition, we're exploring a nutritious vegetarian meal plan for two (pg22), presenting a variety of meal ideas for weeknight suppers.

From palatable pastas such as Leek, walnut & goat's cheese (pg39) to Tom Kerridge's signature sausage rolls with a hint of spice (pg46), you can find plenty of inspiration not only for weekdays but weekends and gatherings too.

As spring blooms with vibrant produce, our featured recipes harness the freshness of the season to craft dishes bursting with flavour and vitality. Our elevated classic, the beef cobbler (pg68), takes this comfort food up a notch and, dare I say, may become a hearty family favourite.

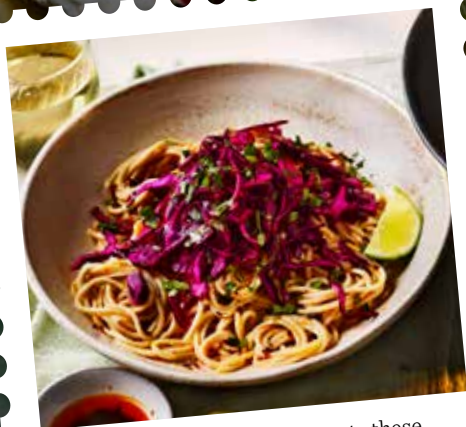
As Eid approaches, our cover star Chocolate Showstopper (pg72) takes the spotlight as a decadent centrepiece for your celebrations – guaranteed to have guests coming back for seconds. This month's wholesome family meals (pg73) for the holy month, provide nourishment and foster connection during this special time. In addition, the April issue unpacks the essentials of the 5:2 diet (pg93), enabling you to make informed choices about your health and wellness journey. And don't miss out on our collection of healthy recipe ideas, featuring dinner jackets and inventive prawn recipes.



*Eid Mubarak to you and your family.*

*Nicola Monteath*  
Editor

These are a few of  
our favourite dishes...



"Tahini is an interesting addition to these noodles with red cabbage & Sichuan peppercorn slaw – a spicy lunch for Meat Free Monday."

Liz Smyth, Group Sales Director



"Parship in a cake is new to me, and this version of a brown butter & hazelnut loaf cake has me intrigued. Ideal for my next afternoon tea with the ladies."

Blanche D'mello, Assistant Editor



"I love the Middle Eastern delicacy Knafeh. It's one of my favourite desserts but I've never attempted this at home. Can't wait to try these Knafeh nests over Eid."

Gill Fairclough, Sales Director



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FOUNDER CPI MEDIA GROUP  
Dominic De Sousa  
(1959-2015)

PRINTED BY

Al Salam Printing Press LLC

PUBLISHED BY



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Office 1307, DSC Tower, Dubai Studio City,  
Dubai, United Arab Emirates, PO Box 13700  
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Email: info@cpimediagroup.com

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*Good Food Middle East* magazine is published by CPI  
Media Group under licence from Immediate Media  
Company Limited, Vineyard House, 44 Brook Green,  
Hammersmith, London W6 7BT.

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**V** Suitable for vegetarians.

**❄** You can freeze it.

**❄** Not suitable for freezing.

**Easy** Simple recipes even beginners can make.

**A little effort** These require a bit more skill and confidence – such as making pastry.

**More of a challenge** Recipes aimed at experienced cooks.

**Low fat** 12g or less per portion.

**Low cal** 500 calories or less per main.

**Superhealthy** Low in saturated fat, 5g or less per portion; low in salt, 1.5g or less; and at least one of the following: provides one-third or more of your daily requirement of fibre, iron, calcium, folic acid and/or vitamin C, or counts at least one portion of your recommended 5-a-day fruit and veg.

**Good for you** Low in saturated fat, low in salt.

**Heart healthy** Low in saturated fat, with 5g or less, and low in salt, with 1.5g or less, and high in omega-3 fatty acids.

**1 of 5-a-day** The number of portions of fruit and/or veg contained in a serving.

**Vit C** **Iron** **Omega-3** **Calcium** **Folate** **Fibre**

Indicating recipes that are good sources of useful nutrients.

**GLUTEN FREE** Indicates a recipe is free from gluten.

**Some recipes contain pork. They are clearly marked and are for non-Muslims only. Look for this symbol:**

**P** Contains pork.





# Your Say

We love hearing from you!

star  
letter



**A**s an expat, since I brought my children here, we've felt that Ramadan is a family time for everyone, including us non-Muslims. It feels like we're always having a family gathering since we come home early. This allows me to make and eat meals together with my family. The most challenging part is avoiding cooking the same dishes repeatedly. Even though it's easy to find recipes online, I prefer reading recipes from books or food magazines. That's why I find *Good Food Middle East* to be a great resource. I want to explore new dishes for my kids, and *Good Food Middle East* helps me with that. In this issue, I particularly like the special section on Iftar meals. The recipes aren't just for our Muslim brothers and sisters; they can be enjoyed by any family. I want to try making slow-cooker beef stew with dumplings for our whole family. I also want to try making Teriyaki & Lime glazed chicken. Since my kids enjoy buffalo chicken from restaurants, if I can make it at home and adjust the flavour to their liking, it would be great and budget-friendly! My kids get excited whenever I make something new, and there's something special about cooking at home. So, thank you, *Good Food Middle East*, for providing us with cooking ideas, especially for us working moms who have limited time.

Judy Herpacio

What captivated me the most in this month's issue was delving into Anisa Karolia's family traditions and cherished recipes for Ramadan. It felt like taking a culinary journey through her cultural heritage and personal experiences, adding a heartfelt connection to the significance of food in this holy month.

Ilham Mustafa



Dear *Good Food Middle East*, I just had to drop you a line to say a massive thank you for your recent articles, as they've been greatly welcomed in my kitchen! As a busy mum who adores feta cheese and relies on toast for quick meals, your ideas have been a delight. Your leftover feta recipes, from the feta eggs to the marinated feta and antipasti toastie, sound absolutely enticing. I can't wait to make them as soon as I stock up on some good quality feta cheese. And let's talk about those toast recipes - wow! The greens and chorizo combo, the sesame chocolate banana treat, and the lime pickle rarebit have opened my eyes to toast combinations I never thought about before. They're quick, they're easy, and they're seriously tasty - they'll definitely add a new dimension to my gourmet toast experience at home. I just had to let you know how much I appreciate your down-to-earth, practical approach to cooking. You've made mealtimes a whole lot easier and more enjoyable for me and my family. Keep up the fantastic work!

Laura Flores

WIN!

## A SPECTACULAR ONE-NIGHT STAY INCLUDING BREAKFAST AT NOVOTEL BUR DUBAI, WORTH OVER AED1,400.

Novotel Bur Dubai offers a serene retreat just a short distance from Dubai's airport, providing a one-night stay with breakfast included, catering to both leisure and business travellers. Guests can choose to either explore the hotel's rooftop pool and Hang Out Café, relax at the Gourmet Bar and Pool Bar with refreshing drinks, or unwind in the plush accommodation with blackout curtains for uninterrupted sleep.

To send in your Star Letter and win this prize, visit the Competitions page on [bbcgoodfoodme.com](http://bbcgoodfoodme.com)

### TALK TO US!

Email us on [feedback@bbcgoodfoodme.com](mailto:feedback@bbcgoodfoodme.com) with your thoughts and comments, and send us your photos with your copy of Good Food ME!

You can also connect with us on social media! Find us on: [f](#) [i](#) [x](#) [t](#) [v](#) [@goodfoodmiddleeast](#)

Or, you could write to us at: The Editor, Good Food Middle East, Office 1307, DSC Tower, Dubai Studio City, Dubai, United Arab Emirates, PO Box 13700.



A photograph of the interior of the Zenon restaurant. The space is characterized by a large, arched ceiling with a vibrant, colorful pattern of red, blue, and green. A large, multi-tiered chandelier hangs from the ceiling, casting a warm glow. The floor is covered in a patterned carpet. Several round tables are set with white tablecloths, glassware, and plates, ready for guests. The overall atmosphere is modern and sophisticated.

ZENON

A TASTE OF TOMORROW,  
TODAY

Reservations: +971 4 83 77 222  
Zenon, Kempinski Central Avenue, Downtown Dubai



# NEWS *nibbles*

What's hot and happening in the culinary world, in the UAE and across the Middle East



**THIS  
MONTH  
WE  
LOVE...**

## DISCOVER MAMA RITA'S AT COSTA



Mama Rita's delectable home-cooked offerings have made their debut at 20 Costa Coffee stores across Dubai, including JLT Gold Tower, Dubai Internet City, and the Dubai Mall. The carefully crafted menu boasts seven dishes straight from Mama Rita's kitchen, featuring the Chicken quinoa salad, Super salmon orzo bowl, and Mama's crunchy chicken wrap. Notable highlights include Grandma's meat pastries, oven-baked to perfection with pine nuts and creamy tahini, alongside comforting options like Oven-baked chicken and potato with marinated mushrooms. For a quick and healthy snack, try the Beetroot hummus served with crisp carrot and cucumber sticks, while dessert lovers can indulge in the Fresh fruit paradise, a delightful blend of creamy avocado, mango puree, and assorted fruits topped with nuts.

*Visit [mamarita.com](http://mamarita.com) for more information.*

The renowned cheese brand, Kiri, has collaborated with Al Kabeer, to introduce a limited edition delight: Al Kabeer Kiri Cheese Samosas, showcasing the rich and creamy taste of Kiri Cheese. The launch brings together two special elements of Middle Eastern cuisine, catering to diverse palates during this special time of celebration and reflection. Samosas hold a cherished place in the hearts and traditions of communities throughout the region, especially during Ramadan, where it's enjoyed during Iftar and Suhoor gatherings.

*Available at major supermarkets across the United Arab Emirates and Kingdom of Saudi Arabia.*





## SEPTEMBER LAUNCH

J1 Beach is set to transform Dubai's beachfront dining scene this September with 13 licensed fine dining concepts. From the fusion of French and African flavours at African Queen to Lebanese-Armenian fusion cuisine at Almayass by the Sea, each venue offers a distinct culinary narrative. Delight in contemporary Japanese cuisine with new Asian twists at Bâoli, and enjoy upscale French cuisine at Chouchou; an exclusive beach house member's club. Diners can also look forward to Italian specialities at Gigi Rigolatto - featuring a lush garden and private pool - modern Mexican cuisine and concoctions at Gitano, immersive Asian-Polynesian dining at Kaimana, refined Italian cuisine inspired by the Amalfi Coast at La Baia, a blend of Spanish-Mediterranean cuisine at Lúnico, Asian-inspired dishes at Mūn, and fusion of local and Far Eastern products with Mediterranean and Asian recipes at Sakhalin. Escape to a Greek coastal experience with authentic Mediterranean flavours at Sirene by Gaia, and don't miss the multi-sensory journey with African-inspired open-fire cooking at INÁ.

Visit [jlbeach.com](http://jlbeach.com)

## TREATS FOR ALL

*3 bakeries for all your Ramadan and Eid delights*



Rise Bakehouse, renowned for its artisanal baked goods, introduced a special collection featuring four delightful Mini cakes priced at AED60 each, offering flavours of chocolate, vanilla, or peanut butter, beautifully decorated with Ramadan-inspired motifs.

Visit [rise-bakehouse.com](http://rise-bakehouse.com)



Mister Baker presents a delightful collection featuring an array of cakes and desserts. These delectable treats range from festive gift cakes to crescent moon delights, ensuring there's something for everyone to savour. Take your pick from fine chocolates,

Tiramisu, and lotus trays (AED149) and Iftar desserts such as date pistachio mini cake, saffron mini cheesecake, and milk cakes in various flavours, for a perfect ending to your meal - from AED16.

Visit [misterbaker.com](http://misterbaker.com)



SugarMoo's unique Ramadan menu, blending traditional Arabic flavours into their desserts, offers the ideal sweet treat to enhance any Iftar gathering. The menu comprises Kunafeh truffles, Vimto-infused cake, Kunafeh cheesecake, and Orange & date maamoul.

Visit [sugarmoo.com](http://sugarmoo.com)



# Flavours of the month

What's hot and happening  
around town this month

## RONIN'S RAW BAR

Experience an unforgettable culinary adventure at Ronin's Raw Bar, a lively upscale Japanese restaurant debuting at FIVE LUXE. The ambience exudes rebellious Japanese fun dining, with Irezumi art adorning the walls and the bar, adding to the vibrant atmosphere. Guests can savour a sensational array of dishes including Bonito tataki, Hamachi, and Seabass carpaccio, followed by flavourful bowls featuring Tuna tataki and Hokkaido scallops. The dining journey continues at the teppanyaki, robatayaki, and sushi bar, where skilled chefs prepare delights such as BBQ yuzu miso black cod and Ise ebi giant prawns, concluding with Mochi ice cream and Miso molten chocolate cake. With references to pagoda tables, an outdoor terrace boasting stunning views, and a private dining room, Ronin's Raw Bar promises an immersive and captivating dining experience for all.

Contact +9714 455 9989.



## BELLINI CAFÉ

Introducing Bellini Café to Dubai, Ignazio and Maggio Cipriani, the 4th Generation heirs of the esteemed Cipriani family, have curated an extension of the renowned Bellini Restaurant collection within the exclusive Mr C Residences Jumeirah. Upon arrival, guests are treated to an enticing array of homemade desserts, pastries, cakes, and gelato, inviting them to unwind in the comfort of one of Bellini Café's spacious banquettes. Diners can anticipate indulging in favourites such as classic Fried mozzarella "carrozza," Beef carpaccio, hand-pressed Focaccia, Panini, cured meats and cheeses, as well as sweet and savoury Crêpes and house-made dolci.

Visit [bellinirestaurant.com/dubai-cafe](http://bellinirestaurant.com/dubai-cafe).



Ronin's Raw Bar



### 📍 FIVE JUMEIRAH VILLAGE

Nestled within the luxury hotel, Soul St. offers an innovative culinary experience with its latest menu featuring a fusion of Asian-inspired flavours and street food specials. Highlights include Sashimi tacos, specialty offerings from the Jospier robata grill featuring the aromatic Jasmin tea-smoked lamb chops, and the signature Singapore chilli lobster wonton 'bombs'. Guests can elevate their dining experience with curated beverages and enjoy Wednesday Ladies' Night with a special three-course set menu and complimentary drinks.

AED175 per person.  
Contact +9714 455 9989.



### 📍 THE WB™ ABU DHABI, CURIO COLLECTION BY HILTON

The Director's Club, located at The WB™ Abu Dhabi, Curio Collection by Hilton, presents an elevated brunch experience embracing the season with live entertainment and an exquisite selection of dishes and beverages. Guests can enjoy The Director's Club Signature beef tartare, Burrata, Chicken croquettes, tableside-carved Chargrilled tomahawk steak, Chargrilled peri-peri chicken, Sea bass ravigote, and Shepherd's pie, including a vegetarian-friendly Jospier-grilled cauliflower steak. For younger diners, the 'Little Directors' menu presents delightful choices such as Wonton mozzarella rolls, Watermelon feta stick, and Popcorn chicken, complemented by mains and desserts like Banana split and Mini eton mess.

Saturday, from 1-4pm. AED275 per person including soft beverages, AED399 including house beverages, and AED599 including premium bubbly. AED135 for children over 6 years old. Contact +9712 815 0000.







### 👉 QARTULI

Qartuli, nestled in Dunya Tower near Address Dubai Mall, offers a genuine taste of Georgia, aiming to immerse guests in the heart of Georgian culture through its authentic cuisine and warm hospitality. The restaurant evokes the atmosphere of a traditional Georgian home, with vintage decor and mismatched plates adding to the nostalgic charm. The menu features iconic Georgian dishes such as Khinkali (dumpling), Khachapuri (cheese-filled bread), and Lobio (kidney bean and walnut stew), alongside sweet treats like Pelamushi (grape pudding) and Pakhlava (baklava).

Contact +9714 262 7631.



### 👉 RASPOUTINE DUBAI

Experience a special late-night dinner at RASPOUTINE Dubai, located in the vibrant DIFC, featuring a curated Chef's menu during weekends. Diners can enjoy a four-course meal including cold and hot starters, a main course with a side dish, and a delectable dessert, with the option to upgrade to a premium menu featuring signature caviar dishes for an additional AED200.

Every Friday and Saturday, from 9pm. AED450 per person. Contact +9714 272 5373.



### 👉 SHIMA

Located within the One Palm Jumeirah Dorchester Collection, the dining venue offers an exquisite Japanese dining experience set against the backdrop of the Persian Gulf and city skyline. Signature plates showcase a blend of seasonal flavours and traditional ingredients with innovative culinary techniques, including highlights like Chutoro sogigiri and Hamachi nigiri from the Sushi bar, as well as delicacies like Ise ebi tempura and King crab leg cooked in robata.

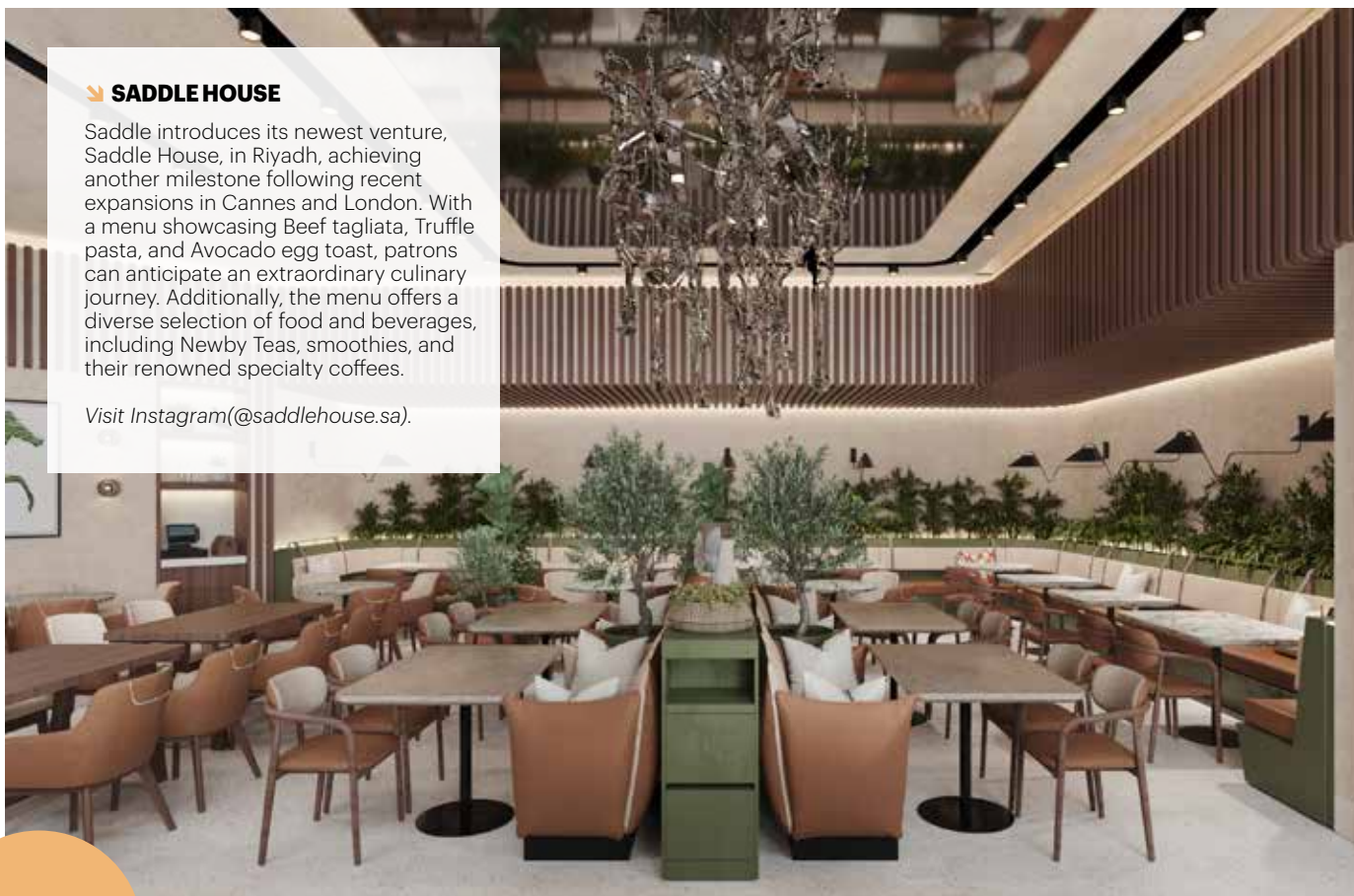
Contact +97156 731 0909.



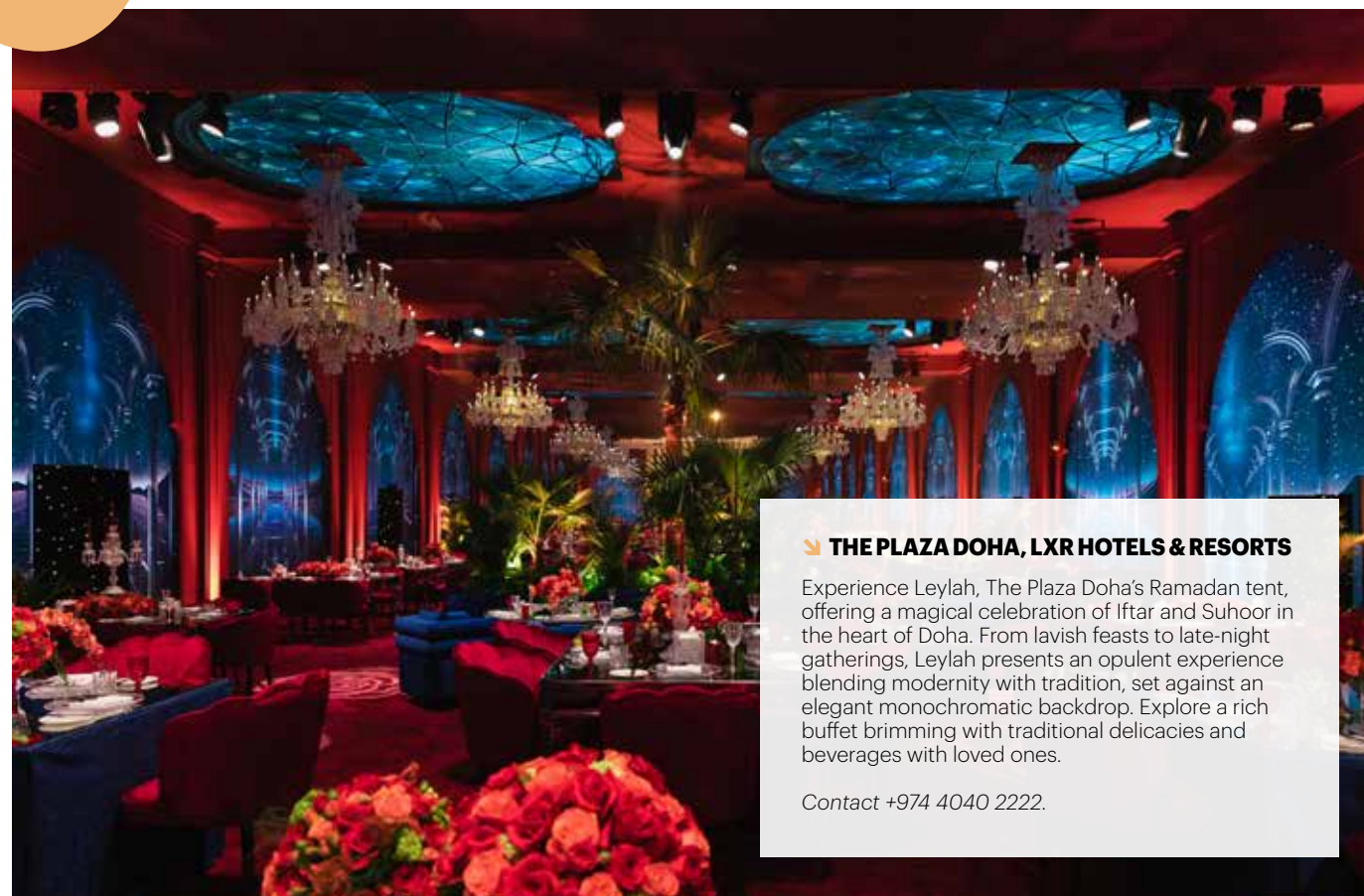
### 👉 SADDLE HOUSE

Saddle introduces its newest venture, Saddle House, in Riyadh, achieving another milestone following recent expansions in Cannes and London. With a menu showcasing Beef tagliata, Truffle pasta, and Avocado egg toast, patrons can anticipate an extraordinary culinary journey. Additionally, the menu offers a diverse selection of food and beverages, including Newby Teas, smoothies, and their renowned specialty coffees.

Visit [Instagram \(@saddlehouse.sa\)](https://www.instagram.com/saddlehouse.sa).



GCC



### 👉 THE PLAZA DOHA, LXR HOTELS & RESORTS

Experience Leylah, The Plaza Doha's Ramadan tent, offering a magical celebration of Iftar and Suhoor in the heart of Doha. From lavish feasts to late-night gatherings, Leylah presents an opulent experience blending modernity with tradition, set against an elegant monochromatic backdrop. Explore a rich buffet brimming with traditional delicacies and beverages with loved ones.

Contact +974 4040 2222.



# Tried & tasted

Our top dining experiences this month



## ALIZÉE POOL AND BEACH

Venturing into the relaxed ambience of Banyan Tree Dubai's latest poolside addition, we found ourselves immersed in a laid-back escape, complete with chic Bohemian flair, private access to the beach and loungers dotted around the pool. Despite the buzz, we were fortunate to secure coveted front-row pool loungers, affording us prime views of the tranquil surroundings with the hotel as a perfect backdrop for photos.

As we settled into our sun-kissed sanctuary, we were presented with a refreshing fruit platter and invigorating coconut water to beat the heat. We couldn't access the private beach as the waters were a bit choppy, so we dipped in and out of the pool instead.

As the hunger pangs kicked in, we gravitated towards the restaurant terrace tucked away at the corner of the hotel. In this picturesque setting, time seemed to stand still as we embraced the simple

pleasures of relaxation. Perusing the menu, we were enticed by a medley of refreshing beverages, featuring fruit-infused concoctions and innovative sips.

Sharing-style plates are encouraged and we gladly obliged, as I wanted to try a bit of everything. The Tartare de betterave was a delightful starter, with tender beetroot confit with rosemary, white mustard and horseradish, served with baby gem lettuce. The Crevettes marinées offered a burst of citrusy freshness, showcasing lemon-marinated prawns drizzled with fragrant olive oil and basil. However, it was the Tarte fine à la tomates that stole the spotlight - a delicate balance of flaky pastry, tangy goat cheese, and caramelised onions, topped with thinly sliced juicy tomatoes.

Moving on to the main course, we savoured a Roasted baby chicken adorned in rich jus, alongside fingerling potatoes and mushrooms all doused in the moreish sauce. The Rigatoni enveloped in a sauce



of asparagus and basil pesto with the creaminess of parmesan, delivered a burst of Mediterranean flavours, while the Grilled salmon fillet boasted perfectly cooked textures with accompaniments such as grilled vegetables and a creamy aioli that perfectly complemented the meal. Although we ate quite a bit, it felt like a light, satisfying lunch as the produce was fresh and wholesome.

The Apricot crumble and Chocolat pot de crème came in highly recommended, we ordered both to share. One would've been enough as each portion was incredibly generous, especially for a dessert. The crumble satiated our sweet cravings, exuding warmth and nostalgia with its almond-infused crumble and velvety vanilla pastry cream. The sinfully rich chocolate pot stole the show, with a white chocolate mousse quenelle and dark chocolate fluffy cream beneath. For those seeking an unparalleled blend of relaxation with fine Mediterranean fare for lunch, this hidden gem awaits guests.

**Book now**  
**Contact +9714 556 6466.**



## ORFALI BROS. BISTRO

Standing at No. 1 on the Middle East and North Africa World's 50 Best Restaurants list for the second year in a row, my dining partner and I were keen to dine at Orfali Bros. Bistro on a sunny weekday morning. But we weren't alone, our 11-month-old joined us, allowing us to take a peek into an added layer of hospitality we certainly weren't expecting - more on this later.

At the helm of Orfali Bros. Bistro are three Syrian brothers who set up a family-run restaurant at Wasl 51, nearly two years ago. The two-storey open kitchen adorned with industrial chic elements serves as the focal point, with the venue exuding a cosy vibe with plenty of natural light flooding the space.

We had the pleasure of meeting with the TV personality and chef Mohamad, who works alongside his brothers Wassim and Omar, hailed for their pastry skills. Chatting with diners, Mohamad's charm and presence truly elevated our dining experience.

### Highlights

The menu is concise with each plate featuring a story told with great flair by the knowledgeable and passionate team. The OB croquette was our first hearty bite, sinking our teeth into a warm filling of celeriac and 18-month-old comté cheese with truffle mayo at the bottom. We're told to eat the Ooh la la - presented on a thin, round mini waffle - in one bite, and following instructions, we do so to experience a creamy mouthfeel of foie gras complemented by hazelnut miso and quince vinegar. It's evident by this point that taste and texture reign supreme on this menu.

One of my favourites, the Corn bomb, was presented next - a playful dish that spotlights just one ingredient. The first bite of the crisp corn tostada topped with creamed custard-like corn and charred kernels, scattered a little of the soft snow of 36-month-old Parmigiano Reggiano all over the table. Washing us over in a big creamy wave this dish is messy but oh-so-delish! The caviar bun, served as a one-bite dish, sits on a delicate layer of smetana, topped with a generous serving of dark, plump caviar - the flavour-tactile dynamic is exquisite.

The Umami éclair is a tiny powerhouse. A porcini emulsion and marmite burst onto the palate, sweetened by fermented quince glaze. Crunchy cacao nibs and salty beef prosciutto not only add texture but also evolve the flavour profile. Every ounce of flavour is crammed into the first bite of the Ajoblanco as you take a spoonful of the firm and sweet Hokkaido scallop and scoop the sauce embellished with slivers of black garlic, bold tomato raisins and tart finger lime. It's the olive oil caviar that does it for us. The Orfali bayildi featuring tender, smoky eggplant, showcases a multi-layered complexity with the makdous muhammara, tarator and accompanying aromatic elements.

As soon as we were served the eat H, my baby woke up, pointing to the food on the table indicating she'd like some. Served her very own slice of toasted sourdough with butter, she snacked while people-watching. Meanwhile, we polished off the shiso leaf topped with a blob of spicy burghul salad mixed with Aleppo chilli paste, tomatoes, puffed burghul and olive oil. The freshness of the produce was met with crunchy and soft

textures married with spicy notes. Another fresh dish with ingredients that stole the spotlight was the Tuna sala roja. Each bite was a juicy explosion of fermented tomato, sea fennel, aji rocoto and tomato raisins.

Only just starting with the Hot menu items, we were served the Shish barak a la gyoza. These lightly fried and steamed dumplings with soft wagyu beef, dressed in sujuk oil and pine nuts, lend a Middle Eastern touch to a typically Asian dish. Laying pretty in a pool of garlic yoghurt, it's the perfect warm parcel to precede the kebabs.

Chef Mohamad came by to present Come with me to Aleppo which tells the story of their homeland of Syria through a modern interpretation of the kebab. At this point, my baby was starting to get a little restless in her stroller, so she went along with Chef Mohamad to greet the other diners and meet the kitchen staff behind the counter. Eagerly we took our first bite of the perfectly charred Wagyu beef kebab, carpeted with sour cherry, parsley, pine nuts and cinnamon. Each morsel had a robust depth of flavour with subtle nuances.

The alluring dessert display of colourful confectioneries and artfully created desserts beckoned. Incredibly full to try more than one, we decided to share the OB banoffee cake. Cracked open to reveal layers, this dessert slab lends lush, velvety textures.

### Book now

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# MEET THE CHEF

Introducing the latest culinary maestro to helm the kitchen at Torno Subito, the Michelin-starred Italian eatery nestled within W Dubai – The Palm, Chef Federico Marras.





With a rich background spanning over 15 years in some of the world's most esteemed kitchens, including Dinner by Heston Blumenthal in Dubai and St. George Restaurant by Heinz Beck in Taormina, Chef Federico brings a wealth of experience, creativity, and innovation to this iconic dining destination.

Drawing inspiration from his childhood memories and global culinary adventures, Chef Marras infuses the menu with nostalgic charm and modern flair, promising an unforgettable journey through authentic Italian cuisine. "Cooking is personal to me, and I infuse a piece of myself into my work, making every culinary creation a reflection of my journey and the collective wisdom of those I've had the privilege to work alongside. My goal is to present flavours that have always been part of my life in a contemporary way that showcases something new for the guests," shared Chef Federico.

Get ready to embark on a gastronomic voyage like no other, as Torno Subito invites you to savour the essence of true Italian culinary mastery under the expert guidance of Chef Federico.

#### **How have your experiences in different culinary environments influenced your approach to cooking?**

Throughout the years, my culinary journey has allowed me to learn from an array of chefs, from different countries, each bringing their unique cultural background to the table. This exposure has enriched my understanding of cooking techniques and deepened my appreciation for the ingredients our world has to offer. With this, anywhere I go, I find myself focusing more on the creative approach I take towards each dish rather than centring on the recipe alone.

#### **What unique elements do you aim to bring to the dining experience at Torno Subito?**

Torno Subito in itself is reminiscent of the 1960 Italian Riviera. With this, I want to showcase classical Italian cuisine with innovative modernity, creating an unforgettable dining experience for guests. Having lived a significant part of my life in Italy, I've been influenced by the traditional techniques and authentic flavours that are the cornerstone of Italian cooking. My respect for the cuisine runs deep and I aim to share this with our guests, blending the timeless with the contemporary, to create traditional dishes that sparkle with a modern twist.

#### **In the competitive culinary landscape of Dubai, what do you believe sets Torno Subito apart from other Italian restaurants?**

Under the guidance of Chef Massimo Bottura leading us, we take pride in the creativity, passion, and warmth that Italy is known for. We source the best quality ingredients from Italy and we create a menu filled with dishes that transport our guests back to cherished moments from their childhood or a blissful summer in Italy. The guests' experience is designed to stir memories, awaken the senses, and embark on a gastronomic journey that is as enchanting as it is authentic.

#### **Are there any local artisans, producers, or collaborators you're excited to work with to source ingredients or create unique dining experiences at Torno Subito?**

The Italian community in the city is very passionate and collaborative. I have already had the pleasure of meeting some of its most dynamic chefs including Carmine from Casinetto, Simone from Longino, Fortunato from Foodyland, and Alex from Wisk to name a few. I enjoy working with them and brainstorming innovative ways to elevate the Italian dining scene in Dubai. We have a shared vision and mutual respect for our heritage, and we source authentic ingredients directly from Italy, complemented by the finest local produce, to craft an Italian culinary landscape here in Dubai.

#### **What are some of the signature dishes you recommend?**

We have created a whole new menu that we're confident will captivate our guests. Some standout dishes that we're sure will be favourites include the Sea Foam, Fassona alla Puttanesca, Seppia&Piselli, and Lingua in Salsa Verde to name a few. These dishes will give the diners a glimpse into the elevated menu that will leave them awaiting their next visit.

#### **The tasting menus offer a comprehensive journey through Italian cuisine. Can you walk us through the thought process behind crafting these menus?**

A lot of thought and care have been put into crafting this tasting menu. Our vision was to create an experience that is unique and nostalgic, offering flavours that are irresistibly inviting and would make our guests yearn for more. We want the diners to embark on a culinary odyssey, with each dish serving as a portal to a different region of Italy. This journey through taste is designed to weave Italy's diverse culinary landscape, inviting our guests to explore the depth and breadth of Italia, one region at a time.

#### **What are your long-term aspirations and goals for Torno Subito? How do you envision the restaurant evolving under your leadership in the years to come?**

At the heart of Torno Subito, our guests come first. We aim to curate an experience that not only delights them but also entices them to return, time and again, for our flavourful dishes. Additionally, the essence of Torno Subito is embodied by our dedicated team, and I want an environment that both excites and challenges them daily. Together, we strive to make the venue not just a dining destination but a haven of culinary artistry and innovation.

#### **Finally, what message would you like to convey to diners visiting?**

As guests step into Torno Subito, they are invited to leave behind preconceived notions of what an Italian restaurant in the city might offer. Here, within these lively and colourful walls, an invitation to 'expect the unexpected' is not just a phrase—it's a promise. We promise a celebration of surprise, a culinary adventure that delights and astonishes at every turn.



MELISSA THOMPSON

# Cooks the books

Our columnist *Melissa Thompson* recreates a classic Syrian hummus dish from Imad Alarnab's new cookbook

recipe IMAD ALARNAB

**A** debut cookbook from Imad Alarnab comes with a huge weight of expectation. Yes, he's an experienced restaurateur and brilliant chef, but he also embarked on an epic, dangerous mission to escape war in Syria to come to the UK. He slept on church stairs, wandered Parisian streets with a backpack containing his worldly possessions. He cooked and fed hundreds of fellow refugees in camps with the most spartan equipment and basic ingredients. There is so much to cover, might Imad's stories overshadow the recipes, or vice versa?

In fact, no. In his eponymous book, Imad shares recipes beautifully interwoven with his story. His life has been so mindblowing that the accompanying words, often brief, almost feel understated, but this only adds to their strength and impact. Imad doesn't waste his words.

He opens by stating that he was "a refugee, an asylum seeker, a displaced person, an illegal immigrant". He asks us what image that conjures up in our minds. And throughout the text he pushes us to question how we interpret the lives and experiences of people around us, and how we might describe them, and how that perception changes when people experience success or hardship.

He writes of memories of Damascus, where he raised his family and built a mini empire of three restaurants, all of which were bombed by Bashar al-Assad's regime. And he talks of the devastation that followed the Arab Spring of 2010, how he and his family came close to death on several occasions, by bomb or police brutality, before making the heartbreaking decision to flee.

Despite the tragedy of his experience, there is a strong thread of hope running through the book. There's the kindness of strangers he met en route, and the memories of his birthplace evoked through recipes he shares with us. There's Hawadir, which

translates to 'ready things', that is food to offer unexpected guests. Imad precedes the recipes with recollections of his mother's disappointment if he visited and didn't eat something.

So much in this book is a celebration of fresh produce; colourful and inviting. A celebration of the better parts of Syria, away from the bombs and destruction. A lot of the spice blends and oils Imad instructs us to make can be used across a variety of recipes, inviting us to cook enticing spreads built on several different recipes.

I made hummus bellahma, blended chickpeas topped with gently spiced lamb. It's a dish I've enjoyed while eating out but never managed to make as good as restaurant versions. Until this one.

It's a process that needs to be started the day before by first soaking the dried chickpeas. You can use jarred ones, Imad says, but dried is preferred, so I followed his suggestion and feel it pays off. The flavours are incredible and the texture of the hummus was beautifully smooth and moreish. We made a huge batch which was gone in four days, eaten with different toppings thanks to the choice of four recipes in the book. Ever since, I've regularly had a bowl of chickpeas soaking for more hummus (a family crowd-pleaser) and Imad's falafel, which contain no herbs like others I've cooked, yet are not lacking for their absence. They are light and crisp and wonderful.

Today, Imad is once again a successful restaurateur with a busy venue right in the heart of London. It's a remarkable ascent, but one wholly expected given his background. He has never forgotten where he came from and the journey he took to escape. In using this book as a means to remind us all of the importance of humanity in a world that increasingly feels like it's forgetting, this feels like one of the most important – and delicious – cookbooks of recent times.

“

This feels like one of the most important – and delicious – cookbooks of recent times

”



Melissa runs recipe project Fowl Mouths, striving to drive change in the food industry. She's a vocal advocate for black and minority ethnic people in this field, and in 2022 won the PPA Writer of the Year award for her work on Good Food. Her debut book, *Motherland*, is out now.

X @MelissaFood









## Hummus

*If you like your hummus very smooth and creamy, you need to blend it while it's hot. I personally like some texture, so I drain the chickpeas, chill them in the fridge until cold, then start blending.*

**SERVES 8-10 PREP 45 mins**  
plus soaking **COOK 3 hrs**  
**MORE EFFORT V**

500g dried chickpeas, soaked overnight in water with ½ tsp bicarbonate of soda, then boiled for 1-2 hrs until very tender  
2 tbsp ground cumin  
1 tbsp salt  
3 tbsp lemon juice  
160g tahini  
150ml water with 4 cubes of ice  
**For the garlic oil**  
6 garlic cloves  
100ml olive oil, plus a drizzle to serve

“So much in this book is a celebration of fresh produce; colourful and inviting”

**1** Drain the chickpeas. You will now have approximately 1 kg.

**2** To make the garlic oil, put the peeled garlic cloves and olive oil in a small saucepan. Bring up to a low simmer, then turn down and cook for 5 mins until the garlic is a little bit brown and soft. Drain the garlic from the oil, reserving the oil and garlic separately.

**3** Put the chickpeas, 4 of the soft garlic cloves, the cumin, salt and lemon juice in a food processor and start blending. With the processor still running, add the tahini – this will thicken it, so immediately add as much of the iced water as needed to achieve the consistency you like.

**4** Serve topped with a drizzle of garlic oil and 2 soft garlic cloves.

**GOOD TO KNOW** vegan • folate • fibre • vit c • iron • 1 of 5-a-day • gluten free

**PER SERVING (10)** 326 kcals • fat 17g • saturates 2g • carbs 23g • sugars 2g • fibre 10g • protein 15g • salt 1.6g

## Hummus bellahma

*There are many, many toppings for hummus in Damascus, but this is the most famous.*

**SERVES 4 PREP 5 mins**  
**COOK 15 mins EASY**

2 tbsp ghee  
1 onion, finely diced  
200g lamb mince  
1 tsp baharat (shop-bought, or see recipe, below)  
50g toasted pine nuts  
200g hummus (see recipe, left)  
pinch of sumac  
small handful of parsley leaves

**1** Heat the ghee in a frying pan, add the onion and fry until slightly softened, then add the lamb mince and baharat, with salt and pepper to taste. Cook, stirring, until the meat is soft and cooked through but not crispy, then add the pine nuts.

**2** Spread the hummus out on a dish and tip the meat mixture over the top. Sprinkle over the sumac and parsley leaves, then serve.

**GOOD TO KNOW** gluten free

**PER SERVING** 336 kcals • fat 25g • saturates 8g • carbs 10g • sugars 3g • fibre 4g • protein 16g • salt 0.5g

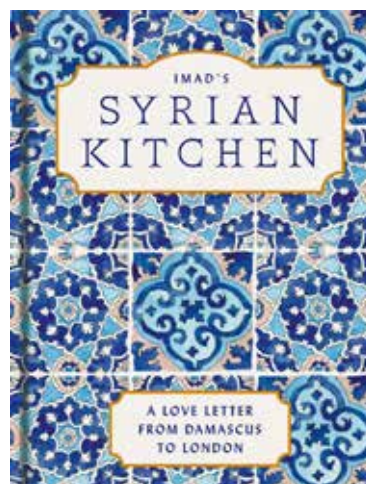
## Baharat

### Lebanese 7-spice mix

You can buy this ready-made (or at a push you can substitute with garam masala) but if you want to make your own, simply mix together the spices, right. *It will keep in a sealed jar for six months in a cool place.*

### MAKES A SMALL JAR

1 tbsp ground black pepper  
1 tbsp ground cinnamon  
1 tbsp ground cardamom  
1 tbsp ground coriander  
1 tbsp ground cumin  
½ tbsp ground cloves  
½ tbsp ground nutmeg



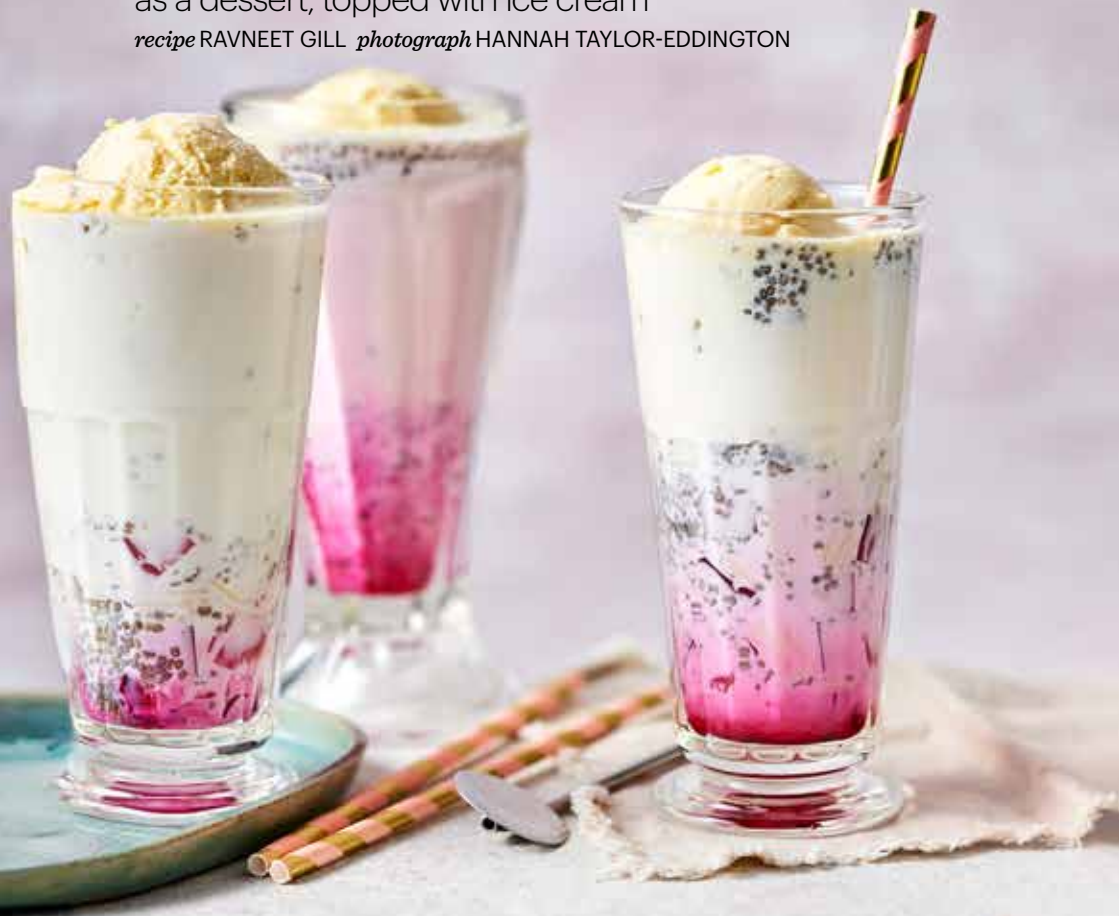
Recipes extracted from *Imad's Syrian Kitchen: A Love letter from Damascus to London* by Imad Alarnab and not retested by us.



# Raise a glass

Not just a milky drink, this recipe works as a dessert, topped with ice cream

recipe RAVNEET GILL photograph HANNAH TAYLOR-EDDINGTON



## Rose falooda

*Falooda is traditionally made with bright pink rose syrup, which creates its vibrant colour. It's available in Asian food stores or online. Or, use any rose syrup plus a drop of pink food colouring (or rose water, food colouring and a little extra sugar).*

**MAKES 2-3 PREP 5 mins plus at least 1 hr chilling and blooming COOK 17 mins EASY V**

10g chia or basil seeds  
20g falooda sev or corn vermicelli  
50g rose syrup  
800ml camel, plant-based or whole milk  
3 scoops of vanilla ice cream (optional)  
**For the rose jelly**  
20g rose syrup  
30g caster or granulated sugar  
1 tsp agar agar flakes

**1** For the rose jelly, warm 200ml water, the syrup and sugar in a pan over a medium heat until the sugar has dissolved and the mixture is steaming. Whisk in the agar agar to dissolve. Remove from the heat and cool fully. Pour into a non-stick container. Chill for at least 1 hr, or until set, then cut into small cubes.

**2** Tip the chia or basil seeds into a small bowl and cover with 50ml water. Leave to soak until they have swelled up, about 30 mins.

**3** Meanwhile, break the falooda sev into 1.5cm pieces, then cook in a pan of boiling water for 5 mins until soft. Drain and rinse under cold water. Set aside. Combine the rose syrup and milk in a jug. Chill until needed.

**4** Spoon the rose jelly cubes into tall glasses, along with a few teaspoons each of the soaked chia or basil seeds and falooda sev or vermicelli. Top with ice cream, if you like, then pour over the rose milk. Serve with long spoons and straws.

**GOOD TO KNOW** calcium • gluten free

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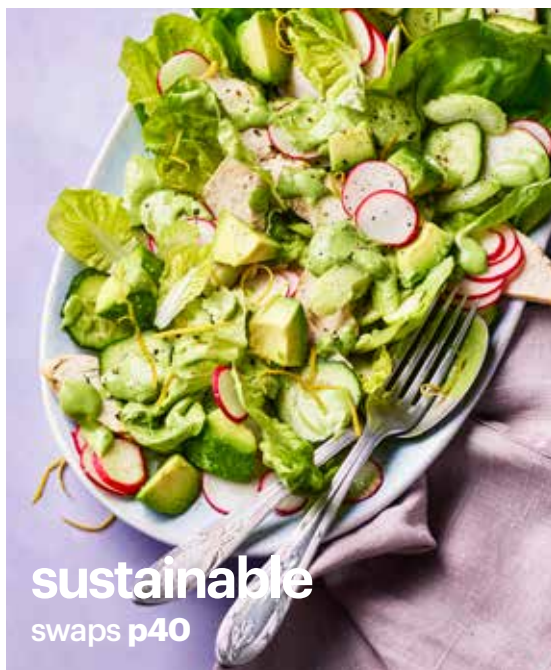


# easy

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midweek meals

COOK  
SMART

# vegetarian meal plan for 2

These recipes are packed full of veg to put the spring back in your step as the weather warms up

*recipes* HELENA BUSIAKIEWICZ *photographs* JAMES LEE

## tip

This meal plan is a great option for weekdays, as all the fresh ingredients are used up across the five recipes, ensuring minimal waste.

Gnocchi traybake with  
lemony ricotta



Spicy harissa  
bean stew



## Gnocchi traybake with lemony ricotta

*This one-tray wonder can be adapted by using any veg you have in the fridge.*

**SERVES 2** **PREP** 10 mins  
**COOK** 40 mins **EASY** **V**

500g gnocchi  
1 courgette, halved, then sliced into chunky pieces  
100g baby plum tomatoes, halved  
100g artichokes in oil, plus 2 tbsp of the oil  
2 garlic cloves, unpeeled, lightly bashed

½ tsp chilli flakes  
85g ricotta  
1 lemon, zested, then sliced into wedges  
10g basil, roughly chopped

**1** Heat the oven to 220C/200C fan/gas 8. Tip the gnocchi, courgette and tomatoes into a large roasting tray. Add the artichokes and oil, the bashed garlic cloves and chilli flakes, and season well with salt and freshly ground black pepper. Mix all the ingredients together with your hands, then bake for 30-35 mins until the gnocchi are crisp at the edges and the veg is soft.

**2** Meanwhile, mix the ricotta and lemon zest together in a small bowl, then season with salt and pepper to taste. Dot this over the gnocchi and sprinkle over the basil.

**3** Divide the gnocchi between two bowls, mixing them well so the ricotta breaks down to make a creamy sauce. Serve with the lemon wedges for squeezing over.

**GOOD TO KNOW** healthy • fibre • vit c • 2 of 5-a-day  
**PER SERVING** 799 kcals • fat 21g • saturates 5g • carbs 130g • sugars 7g • fibre 16g • protein 14g • salt 1.2g

## Spicy harissa bean stew

*A jar of harissa is a must-have for a quick flavour boost.*

**SERVES 2** with leftovers  
**PREP** 10 mins **COOK** 30 mins  
**EASY** **V**

2 tbsp vegetable oil  
1 red onion, roughly chopped  
1 red pepper, diced  
100g baby plum tomatoes  
2 garlic cloves, roughly chopped  
2 tbsp rose harissa  
1 tsp baharat spice mix  
300ml vegetable stock, made with 1 low-sodium stock cube

500g jar or can butter beans  
120g spinach  
1 tsp red wine vinegar  
50g ricotta, to serve  
15g basil, chopped

**1** Heat the oil in a large flameproof casserole dish over a medium heat and cook the red onions and peppers for 15 mins until starting to soften and turning golden at the edges. Add the tomatoes, turn the heat up to medium-high and cook until they blister, about 2-3 mins.

**2** Add the garlic, harissa and baharat, and cook for 3 mins until fragrant. Pour in the stock and bring

to the boil. Reduce the heat to a simmer, then leave to gently reduce for 10 mins. Tip in the butter beans and the liquid from the can or jar, and cook for 5 mins to warm through and thicken slightly. Add the spinach and vinegar, and allow the spinach to wilt for 1-2 mins.

**3** Divide between two bowls, then dot the ricotta on top. Sprinkle over the basil and a twist of black pepper. *Will keep chilled for one day.*

**GOOD TO KNOW** healthy • low cal • folate • fibre • vit c • 4 of 5-a-day  
**PER SERVING** 340 kcals • fat 14g • saturates 1g • carbs 34g • sugars 12g • fibre 13g • protein 14g • salt 0.7g





### Sticky tempeh stir-fry

Tempeh is made from soy beans and is a great source of protein.

**SERVES 2** **PREP** 10 mins  
**COOK** 20 mins **EASY** **V**

2-3 tbsp vegetable oil  
200g tempeh, torn into chunks  
1 red onion, finely sliced  
3 garlic cloves, roughly chopped  
1 stick of lemongrass, chopped into thirds (optional)  
2cm piece of ginger, peeled and roughly chopped  
1 red chilli, roughly chopped (deseeded if you prefer)  
100g mange tout, sliced at an angle

100g long-stem broccoli, chopped  
2 tbsp low-sodium soy sauce  
1½ tbsp brown sugar  
15g coriander, roughly chopped  
200g pouch cooked brown rice

**1** Heat 2 tbsp of the oil in a wok or large frying pan over a high heat. Once shimmering, fry the tempeh for 3-4 mins until golden and charred at the edges. Remove from the pan and drain on kitchen paper.  
**2** Add a drizzle of oil to the pan if it's dry, then fry the onion for 3-4 mins, stirring continuously. Once softened, add the garlic, lemongrass (if using), ginger and chilli. Cook for 3 mins, stirring frequently until fragrant.

**3** Toss through the mange tout and broccoli, then pour 50ml water into the pan to create steam. Cook for 3-4 mins. Add the soy sauce and brown sugar. Return the tempeh to the pan and toss to combine, cooking 2-3 mins more until everything is tender and sticky. Stir in half the coriander.  
**4** Cook the rice following pack instructions, then divide between two bowls. Top with the stir-fry and remaining coriander.

**GOOD TO KNOW** vegan • folate • fibre • vit c • iron •  
1 of 5-a-day  
**PER SERVING** 554 kcs • fat 20g • saturates 1g •  
carbs 56g • sugars 23g • fibre 14g • protein 30g •  
salt 1.5g



You can find tempeh in most supermarkets, or use tofu instead.



## Tahini noodles with red cabbage & Sichuan peppercorn slaw

*Sichuan peppercorns have an amazing flavour and grapefruit aroma, but if you can't find them, substitute them with chilli flakes.*

**SERVES 2** **PREP** 5 mins

**COOK** 10 mins **EASY** **V**

½ red cabbage, finely shredded  
½ tsp Sichuan peppercorns, toasted and lightly crushed  
5g coriander, roughly chopped  
1 lime, juiced  
3 tbsp tahini  
2 garlic cloves, grated  
3 tsp low-sodium soy sauce  
1 tsp crispy chilli oil, plus extra to serve (optional)  
140g dried egg noodles (2 nests)

**1** Toss the cabbage with the Sichuan peppercorns, coriander and some seasoning. Squeeze over the lime juice, then scrunch it well together. Set aside. *Will keep chilled for two days in an airtight container.*

**2** Whisk the tahini, garlic, soy sauce and crispy chilli oil together in a large bowl. Cook the noodles in a pan of boiling of salted water following pack instructions until tender. Drain, reserving 125ml of the cooking water. Whisk the reserved water into the tahini sauce, then toss through the noodles.

**3** Divide the noodles between two bowls and top with the slaw.

**GOOD TO KNOW** healthy • low cal • calcium • folate • fibre • vit c • iron • 1 of 5-a-day

**PER SERVING** 485 kcs • fat 16g • saturates 2g • carbs 60g • sugars 7g • fibre 13g • protein 18g • salt 1.4g





## Roasted harissa red cabbage with coriander & almond bulgur

*This is great as a veggie main, but also goes well with roasted chicken thighs.*

**SERVES 2** **PREP** 10 mins

**COOK** 1 hr **EASY** **V**

½ red cabbage, sliced into 4 wedges  
2 tbsp olive oil  
2 tbsp rose harissa  
160g bulgur wheat  
10g coriander, finely chopped  
2 tbsp flaked almonds, toasted  
2 tbsp golden raisins (optional)  
150g low-fat natural yogurt  
1 lime, zested and juiced

**1** Heat the oven to 200C/180C fan/gas 6 and line a large roasting tray with baking parchment. Arrange the red cabbage wedges over the tray, then drizzle over 1 tbsp of the oil and all of the harissa. Season well. Massage the oil and harissa into the cabbage using your hands. Cover the tray with foil, then bake for 50 mins-1 hr, removing the foil halfway through.

**2** Meanwhile, cook the bulgur wheat following pack instructions. Stir through the remaining 1 tbsp oil, most of the coriander, the almonds and raisins (if using), then season with salt and pepper. Set aside.

**3** Mix the yogurt with the lime zest and juice, the rest of the coriander and some seasoning. Divide the bulgur between two bowls, top with roasted cabbage and drizzle over the yogurt.

**GOOD TO KNOW** calcium • folate • fibre • vit c • 1 of 5-a-day

**PER SERVING** 550 kcs • fat 24g • saturates 4g • carbs 58g • sugars 21g • fibre 10g • protein 21g • salt 0.6g







# How to use up everything!

Discover new ideas for how to get the most from what's left in your storecupboard and fridge-freezer

recipes AILSA BURT photographs DANIELLE WOOD



## Spicy prawn & fennel chickpeas

*Comforting and warming, this brothy stew should be served with lots of bread to mop up the sauce.*

**SERVES** 4-6 **PREP** 20 mins

**COOK** 45 mins **EASY**

2 tbsp olive oil  
1 large fennel bulb, around 300g, finely chopped  
1 onion, finely chopped  
1 red chilli, deseeded if you like, finely chopped or 1 tsp chilli flakes  
4 garlic cloves, finely chopped  
1 tbsp tomato purée  
2 x 400g can chopped tomatoes  
2 x 400g can chickpeas  
1 lemon, zested and juiced  
pinch of sugar (optional)  
250g raw tiger prawns, defrosted or fresh  
15g parsley, finely chopped  
crusty bread, to serve

**1** Heat the oil in a large, deep frying pan over a medium heat. Stir in the fennel and onion with a pinch of salt. Cook, for 15 mins, until softened. Stir in the chilli and half the garlic. Let it sizzle for 2 mins

until fragrant, then stir in the tomato purée. Cook for 3-4 mins until caramelised before adding the chopped tomatoes and chickpeas, along with the liquid. Swill out the tomato cans with a splash of water and add this, too. Splash in some lemon juice and bring to a simmer. Cook for 20-25 mins, until the flavours have combined and the sauce has thickened. Season to taste, adding a pinch of sugar, if needed, and a splash more lemon juice. Stir in the prawns and cook

for 2-3 mins until pink and cooked through.

**2** Meanwhile, to make the gremolata, mix the remaining garlic with the lemon zest and parsley, then season with a pinch each of salt and pepper. Sprinkle the gremolata over the prawns. Serve in shallow bowls alongside some crusty bread, if you like.

**GOOD TO KNOW** healthy • low fat • low cal • fibre • vit c • 3 of 5-a-day • gluten free

**PER SERVING** (6) 220 kcals • fat 6g • saturates 1g • carbs 22g • sugars 10g • fibre 8g • protein 14g • salt 0.7g

## Canned magic chickpeas

Chickpeas are tucked in the back of most people's cupboards – they're versatile and cheap, making everything from creamy hummus to nutritious salads. On top of that, they're packed with fibre, magnesium, calcium and protein and have a low GI. Also known as garbanzo beans in North America, canned versions tend to be firmer than jarred. The water that canned chickpeas come in can either be used in place of egg whites to make vegan meringues or can be tipped into whatever stew you're making to thicken the sauce slightly.







## Pea & tarragon cream roast chicken

*Made all in one dish, this chicken is perfect for a simpler Sunday roast.*

**SERVES** 4-6 **PREP** 25 mins plus resting **COOK** 1 hr 10 mins  
**EASY**

3 tbsp olive oil  
1kg floury potatoes, such as Maris piper, scrubbed clean  
5 garlic cloves, thinly sliced  
1 whole chicken, around 1.8kg  
1 lemon, halved  
200ml vermouth or white wine  
300ml hot chicken stock  
250g frozen peas, defrosted  
15g tarragon, leaves picked and finely chopped  
50g any nuts of choice (we used pine nuts and walnuts)  
300ml double cream  
1½ tbsp Dijon mustard  
green salad, to serve

**1** Pour a splash of the oil into a large, round casserole dish and rub it all over the base and sides. Heat the oven to 220C/200C fan/gas 7. Slice the potatoes as thinly as you can (no need to peel) and arrange in layers with the garlic in the base of the oiled dish. Remove any string from the chicken, drizzle over the remaining oil and rub in well.

Season the chicken all over generously, including inside the cavity, then add one of the lemon halves inside the cavity. Put the chicken on top of the potatoes, then pour the vermouth and stock around the potatoes. Roast for 40 mins, until the chicken is golden brown.

**2** Meanwhile, tip the peas into a blender or food processor with the tarragon, nuts, cream and Dijon mustard. Pulse a few times until everything is finely chopped, then season with salt and pepper. Remove the chicken from the oven and pour the sauce directly over. Reduce the oven temperature to 180C/160C fan/gas 4 and return to the oven. Roast for a further 20-30 mins until the chicken is cooked through. To check, pierce the thickest part of the chicken with a sharp knife. The juices should run clear, or a temperature probe inserted should read 74C.

**3** Remove the chicken from the tin, then cover and leave to rest for 10-15 mins before carving. Pour any resting juices over the potatoes and season with salt, pepper and the remaining lemon juice. Serve with a green salad, if you like.

**GOOD TO KNOW** fibre • vit c  
**PER SERVING** (6) 870 kcals • fat 55g • saturates 22g •  
carbs 39g • sugars 11g • fibre 6g • protein 44g •  
salt 1.1g

## Freezer friend peas

Peas are an ideal addition to your dinner when you're short on time or the veg drawer is looking bare, but they can be the star of the show, too. These small, edible legumes are in the same family as chickpeas and are packed with protein and fibre. Frozen peas are great as they are frozen in season, and nutritionally, there is little difference between them and fresh peas. They're also cheap – give them star status by blitzing them into a pesto, stir into pasta, smash onto toast or blend into a soup.








## Milk buns

These buns use the 'tangzhong' method (making a roux-like paste to add to the dough) to give the bread an excellent rise and soft, fluffy texture. You can double the recipe and make a loaf if you like.

**MAKES 8** **PREP** 30 mins plus cooling and proving **COOK** 30 mins **EASY** 

125ml milk, preferably whole milk, plus extra for glazing  
7g sachet fast-action dried yeast  
350g strong white bread flour, plus extra for dusting  
50g caster sugar  
1 egg  
50g unsalted butter, softened and cut into cubes  
neutral-tasting oil such as sunflower, for proving

### For the tangzhong

20g strong white bread flour  
60ml milk, preferably whole

**1** Line a high-sided 20 x 30cm baking tin with baking parchment. To make the tangzhong, put the flour, milk and 30ml water in a small saucepan. Whisk over a medium heat until it becomes a thick paste, then set aside until it is at room temperature.

**2** Pour the milk into a saucepan and set over a low heat until just warm. Alternatively, warm in the microwave in 10-second blasts, but be careful not to boil it. Stir in the yeast to fully combine. Mix the flour, sugar and 1 tsp fine sea salt in the bowl of a stand mixer with a dough hook attachment. With the mixer running, add the egg, tangzhong and milk mixture. Knead for 2 mins, then add the butter, bit by bit. Continue to knead for a further 7-8 mins until soft, elastic and slightly sticky. Form into a ball and put into a lightly oiled clean bowl. Cover and set aside to rise for around 2 hrs until doubled in size. *Will keep chilled overnight. Bring up to room temperature, then leave to rise until doubled before continuing.*

**3** Lightly dust a clean work surface with flour and knock back the dough for 10 seconds. Divide into 8 pieces (around 85g each), and form into small balls. Put the balls in the prepared tin and cover. Set aside to rise for 1 hr or until doubled in size.

**4** Heat the oven to 200C/180C fan/gas 6. Generously brush some milk over the buns to glaze and bake for 20-25 mins until golden and risen. Leave to cool in the tin for 15-20 mins before transferring to a wire rack to cool completely. *Will keep in an airtight container for three days or frozen for two months.*

**PER SERVING** 267 kcals • fat 7g • saturates 4g • carbs 42g • sugars 8g • fibre 2g • protein 8g • salt 0.7g



**tip**  
You can also make these in a lined, round 23cm cake tin, if you prefer.





## watch, listen, cook

TV  
chef

# Donal Skehan's spiced fried rice

The BBC *Saturday Kitchen* regular brings new life to leftovers

## Gochujang butter fried rice

**SERVES 4** **PREP** 5 mins plus optional chilling **COOK** 20 mins **EASY** **V**

250g basmati rice  
2 garlic cloves, grated  
30g salted butter  
1 tbsp gochujang (Korean chilli paste)  
200g long-stem broccoli, stalks chopped into small pieces  
1 tbsp sesame oil  
75ml groundnut or vegetable oil  
4 eggs  
1-2 tbsp soy sauce (to taste)  
4 spring onions, thinly sliced  
1 red chilli, finely chopped  
drizzle of oyster sauce and coriander leaves, to serve (optional)

**1** Rinse the rice, tip into a saucepan and cover with 500ml cold water. Season with salt, cover and bring to the boil, then simmer gently for 8 mins. Remove from the heat and leave to stand with the lid on to steam for 2-3 mins more. Fluff up with a fork. Spread out on a metal baking sheet to cool quickly. If you have time, chill it for half an hour.

**2** Mash the garlic and butter together with the gochujang.

**3** Put a large non-stick frying pan over a high heat and add the broccoli and a splash of water. Cover and steam for 2 mins, then uncover and continue to cook until all the water has evaporated.

**4** Drizzle the sesame oil into the broccoli pan, then add the cold rice and fry until piping hot. Toss the gochujang butter through.



Recipe adapted from *Home Kitchen* by Donal Skehan. Photographs by Dave Brown. (Recipe supplied by the publisher and not retested by us.)

“  
*The tub of gochujang in my fridge is a staple ingredient, and dollops of it make their way into so many dishes*  
”



**5** Meanwhile, heat the groundnut or veg oil in a second frying pan over a high heat. Break in the eggs; they will puff up and go crispy around the edges. Cook until set to your preference, then remove with a slotted spoon and drain on a plate lined with kitchen paper.  
**6** Add the soy sauce and most of the spring onions to the rice and toss

together, then divide into four bowls and top each with a fried egg. Scatter over the chilli and the remaining spring onions, and finish with a drizzle of oyster sauce and coriander leaves, if you like.

**GOOD TO KNOW** vit c  
**PER SERVING** 465 kcals • fat 21g • saturates 7g •  
carbs 50g • sugars 3g • fibre 3g • protein 16g •  
salt 1.1g



COOK  
SMART

# Gadget genius

## air-fryer surprises

You can do more than you might think  
with this energy-efficient mod-con

*recipes* SAMUEL GOLDSMITH *photographs* DANIELLE WOOD

### Air-fryer fry-up

**SERVES 1 PREP 15 mins**

**COOK 30 mins EASY** 

1 English muffin  
½ tsp butter, softened  
200g mushrooms, roughly chopped  
½ tsp olive oil  
1 tomato, halved across the equator  
2 sausages  
2 hash browns  
1 egg  
2 bacon rashers  
½ 400g can or 200g can baked beans (optional)

**1** Heat the air-fryer to 180C. Slice the English muffin in half and cut a circle out of one half, leaving a 2cm-thick ring. Toast for 5-6 mins in the air-fryer, remove, then butter the whole half and press the other half onto it. Set aside.

**2** Put the mushrooms in a bowl and drizzle over the oil. Season with salt

and pepper and stir to coat. Tip the mushrooms into the air-fryer and cook for 4 mins until beginning to soften. Season the cut halves of the tomato, then put in the air-fryer with the mushrooms and add the sausages, too. Cook for 2 mins before adding the hash browns and cook for another 4 mins.

**3** Meanwhile, crack the egg into a small cup or ramekin. Put the muffin on a plate, then pour the egg into the hole on top of the muffin. Set aside.

**4** At this point your air-fryer is likely to be quite full, so spoon the mushrooms on top of the tomatoes to make some room. Put the bacon on top of the sausages, then carefully nestle in the egg muffin. Cook for 8-10 mins. If your air-fryer is large enough, pour the beans into a ramekin and nestle in to cook as well. Alternatively, microwave the beans for 2 mins to heat through.

**GOOD TO KNOW** folate • fibre • vit c • 2 of 5-a-day

**PER SERVING** 845 kcs • fat 44g • saturates 14g • carbs 61g  
• sugars 7g • fibre 9g • protein 47g • salt 4.1g







## Air-fryer yorkshire puddings

**MAKES 4** **PREP** 5 mins  
**COOK** 20-25 mins **EASY** **V**

2 tsp sunflower or vegetable oil  
70g plain flour  
2 eggs  
100ml milk

- 1** Heat the air-fryer to 180C. Drizzle around ½ tsp oil into each of four heatproof pudding moulds and put in the air-fryer for 5 mins until the oil is very hot.
- 2** Meanwhile, tip the flour into a large jug, then whisk in the eggs. Pour in the milk (if you're using your only jug then you can weigh it as 103g milk). Whisk until smooth, then season well and mix again.
- 3** Pour a quarter of the batter into each mould and cook for 10-12 mins until puffed up and golden. Using a knife and fork or two spoons, flip and cook for a further 3-5 mins until golden and cooked through.

**PER SERVING** 129 kcs • fat 5g • saturates 2g •  
carbs 15g • sugars 1g • fibre 1g • protein 6g •  
salt 0.3g







## Air-fryer pork belly

**SERVES 6** **PREP 5 mins**  
**COOK 1 hr** **EASY**

750g-1kg pork belly  
1 tsp vegetable oil  
½ tsp garlic granules

**1** Heat the air-fryer to 200C. Pat the pork belly dry with kitchen paper or a clean tea towel, then score the top of the fat, being careful not to cut all the way through. Rub with the oil and season well with salt, pepper and the garlic granules. Lift the pork belly into the air-fryer, skin-side up and cook for 30 mins, until the skin starts to crisp up.

**2** Turn the heat down to 180C and cook for a further 20-30 mins until the pork is cooked through and the skin has had chance to crisp fully.

**GOOD TO KNOW** gluten free

**PER SERVING** 318 kcal • fat 23g • saturates 8g •  
carbs 0.1g • sugars none • fibre none • protein 27g •  
salt 0.3g





Nduja & spring greens pasta

COOK SMART


# Quick & clever pastas

Use the storecupboard staple in delicious new ways with these speedy ideas

recipes AILSA BURT photographs BEN CURTIS

## Nduja & spring greens pasta

SERVES 2 PREP 15 mins

COOK 25 mins EASY 

200g long pasta (we used tagliatelle)  
3 tbsp olive oil  
2 small banana shallots, finely chopped  
3 garlic cloves, finely chopped  
20g nduja  
2 tbsp tomato purée  
200g spring greens, finely shredded  
½ lemon, juiced  
25g breadcrumbs  
10g parsley, finely chopped  
15g parmesan, finely grated

**1** Cook the pasta following pack instructions and reserve a mugful of pasta water. Drain thoroughly. Heat 2 tbsp of the oil in a frying pan over a medium heat. Tip in the shallots with a pinch of salt. Fry gently for 10-12 mins until softened but not coloured, then stir in the garlic, nduja and tomato purée. Cook for

a further 2-3 mins until the tomato purée has caramelised slightly. Mix in the spring greens, a splash of water and the lemon juice and cook for 4-5 mins until the greens have wilted.

**2** In a separate pan, heat the remaining oil and tip in the breadcrumbs. Stir to coat, then toast, over a medium heat, for 3 mins until golden. Remove from the heat and stir in the parsley, parmesan and a pinch of seasoning.  
**3** Stir the cooked pasta into the pan of greens with a good splash of water and toss to coat, adding more pasta water as needed. Season to taste, adding a splash more lemon juice if needed. Scatter over the breadcrumb topping to serve.

**GOOD TO KNOW** healthy • calcium • folate • fibre • vit c • 2 of 5-a-day  
**PER SERVING** 704 kcs • fat 27g • saturates 6g • carbs 88g • sugars 8g • fibre 12g • protein 22g • salt 1g



### tip

If you don't have nduja, squeeze the meat out of 1-2 sausages, break into chunks and fry until golden with a pinch of chilli flakes. Stir into the pasta.



## Red pesto pasta with broccoli & almonds

SERVES 4 PREP 20 mins

COOK 10 mins EASY 

200g jarred roasted red peppers, drained and roughly chopped  
2 garlic cloves, roughly chopped  
15g parsley, roughly chopped  
½ lemon, juiced  
30g parmesan or vegetarian alternative, finely grated  
75ml olive oil  
50g flaked almonds, toasted  
200g short tube pasta (we used rigatoni)  
150g purple sprouting broccoli, each spear cut into thirds

**1** Tip the peppers into a food processor with the garlic, parsley, lemon juice, parmesan, 60ml of the olive oil and most of the flaked





*Red pesto pasta  
with broccoli &  
almonds*

*Leek, walnut &  
goat's cheese pasta*

almonds, reserving a small handful to garnish. Blitz until finely chopped and season to taste. Cook the pasta following pack instructions and reserve a mugful of the pasta cooking water. Drain thoroughly. **2** Heat the remaining oil in a frying pan over a high heat. Stir in the broccoli and a generous splash of water. Season. Cook, stirring regularly, until softened and charred, around 7-8 mins. Stir in the cooked pasta, a splash of pasta water and the pesto. Season and scatter over the reserved almonds.

**GOOD TO KNOW** folate • vit c • 1 of 5-a-day  
**PER SERVING** 487 kcals • fat 29g • saturates 5g •  
carbs 41g • sugars 4g • fibre 5g • protein 14g • salt 0.7g



**tip**  
If you can't get purple sprouting broccoli, use long-stem or regular broccoli florets instead.

### Leek, walnut & goat's cheese pasta

**SERVES 2 PREP 10 mins**  
**COOK 15 mins EASY V**

200g short pasta (we used casarecce)  
2 tbsp olive oil  
1 leek, thinly sliced  
30g walnuts, roughly chopped  
2 garlic cloves, crushed  
½ tsp chilli flakes, optional  
100g soft goat's cheese (ensure it's vegetarian if needed)

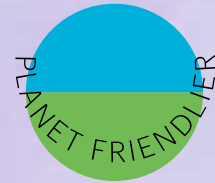
**1** Cook the pasta following pack instructions and reserve a mugful of the pasta cooking water. Drain thoroughly. Heat the olive oil in a frying pan over a medium-high heat. Stir in the leeks and walnuts, season

well, reduce the heat to medium and cook gently for 10-12 mins until softened. Mix in the garlic and chilli flakes, if using, and cook for a further 2 mins until fragrant. **2** Stir through the cooked pasta, along with a generous splash of the pasta cooking water. Crumble in half the goat's cheese, stir to melt and season to taste. Dot over the remaining goat's cheese to serve.

**GOOD TO KNOW** fibre  
**PER SERVING** 743 kcals • fat 36g • saturates 12g •  
carbs 7g • sugars 4g • fibre 7g • protein 26g •  
salt 0.8g



# Sustainable swaps



Consider the distance your avocados have travelled to reduce your carbon footprint

*words* AILSA BURT (and recipe) & KERRY TORRENS

*photograph* DANIELLE WOOD

**A**vocados are packed with heart-healthy fats, such as oleic acid, as well as potassium, vitamins B6 and E, plus they're low in carbs and sugar. However, like many fruit and veg, where and how they are grown makes a big difference to their footprint. Monoculture, or the largescale production of one type of food can have a much larger impact than small-scale farming. When you buy, check the label to see how far they've travelled. You can also find schemes online where you can buy direct from smaller scale farmers committed to trying to farm more sustainably.

## Green goddess avocado salad

**SERVES 4 PREP 20 mins**

**COOK 16 mins plus resting EASY**

2 tbsp neutral-tasting oil (optional)  
4 chicken breasts, or 4 cooked chicken breasts, sliced  
2 sticks celery, finely sliced  
1 round lettuce, leaves separated, or 2 Little Gem lettuces  
200g radishes, thinly sliced  
1 green apple, cored and finely sliced  
1 cucumber, finely sliced  
1 large avocado, pitted and peeled, roughly chopped

### For the dressing

1 large avocado, pitted and peeled, roughly chopped  
200g Greek-style yogurt  
15g chives, roughly chopped  
15g dill, roughly chopped  
15g parsley, roughly chopped  
3 spring onions, roughly chopped  
4 tbsp rice vinegar  
3 tbsp extra virgin olive oil  
1 large garlic clove, crushed  
1 lemon, juiced (reserve the zest, to serve)

**1** If using raw chicken, heat the oil in a frying pan over a medium-high heat. Season the chicken all over and fry for 7-8 mins each side, covering with a lid for the final 5 mins until cooked through. Set aside to rest for 10 mins, then slice.

**2** For the dressing, tip the avocado, yogurt, chives, dill, parsley, spring onions, rice vinegar, olive oil, garlic and 1 tbsp of the lemon juice into a blender or food processor. Blitz until finely chopped and emulsified. Season to taste, adding more lemon juice if you like. Add cold water 1 tbsp at a time until the dressing has a drizzling consistency.

**3** Stir 4 tbsp of the dressing together with the chicken slices. Toss the celery, lettuce, radishes, apple and cucumber together and arrange on a serving platter. Dot the chopped avocado and as much of remaining dressing over the top as you like, along with the chicken. Finely grate a little lemon zest over and grind over some black pepper to serve.

**GOOD TO KNOW** healthy • folate • fibre • vit c •  
4 of 5-a-day • gluten free

**PER SERVING** 417 kcs • fat 23g • saturates 4g •  
carbs 8g • sugars 7g • fibre 6g • protein 42g • salt 0.4g









**celebrate**

# a sweet treat for celebrations

Mark the beginning of spring with a brilliant twist on burfi from **Urvashi Roe**

## Millionaire's burfi

*Sweet and savoury snacks go hand in hand with celebrations. A favourite in our house is a milk-based 'fudge' called burfi, which comes in a host of colours and flavours. This version incorporates chocolate and caramel on top of the traditional base.*

**MAKES 12-24 PREP 20 mins plus setting COOK 10 mins EASY V**

120ml ghee, plus extra for the tin  
240ml whole milk  
500g milk powder  
100g icing sugar, sieved  
ready-made drizzling caramel (use salted, if you prefer)  
chocolate sprinkles or shavings

**1** Rub some ghee all over a 20cm square baking tin and line with baking parchment. Put the 120ml ghee in a pan and, when just melted, pour in the milk. Gently whisk together until well combined.

**2** Stir in the milk powder and mash for 5 mins – this process cooks out the milk powder. Don't worry if the ghee and milk solids separate; keep

stirring and mashing for the full 5 mins. Stir in the icing sugar until fully combined.

**3** Transfer the mixture to a stand mixer with a paddle attachment and mix for 3 mins. It will soften up like creamed butter and sugar, and you will be left with a fluffy, soft burfi mixture to transfer to your prepared tin. Smooth and level the mixture in the tin using the back of a metal spoon or palate knife, then leave to set for about 30 mins.

**4** Turn the burfi out of the tin onto a serving platter or chopping board. Cut it into 3cm squares. Layer over a few tablespoons of the caramel, then scatter over the chocolate sprinkles or shavings. Alternatively, you can cut the burfi into smaller squares and serve with cocktail sticks, a bowl of caramel and a bowl of chocolate sprinkles, so your guests can take a dip into each.

**PER SERVING** 178 kcal • fat 11g • saturates 7g •  
carbs 14g • sugars 14g • fibre none • protein 6g •  
salt 0.3g



Recipe adapted from *Biting, Biting: snacking Gujarati-style* by Urvashi Roe (Kitchen Press). Photographs by Matt Inwood. (Recipe supplied by the publisher and not retested by us).



Urvashi Roe is a freelance food writer based in north London. She writes for a range of publications and was a contestant on *The Great British Bake Off*. When not working, travelling and collecting recipes, Urvashi can be found pottering on her allotment or in the gym. ✂️ @UrvashiRoe









**reduce waste**

# love your leftovers

Don't let surplus ingredients go to waste – get creative with these ideas



## Jarred artichoke pasta

If you have leftover **artichokes** from the gnocchi traybake, try stirring them through pasta for an easy sauce. Heat the oil from **1/2 jar of artichokes** in a frying pan, reserving the artichokes, and stir-fry **2 garlic cloves**, sliced, then add the reserved artichokes. Cook on both sides until golden, then stir through **cooked spaghetti**. Sprinkle over **chilli flakes** and **grated parmesan**.

## Ginger & turmeric tea

Make this tea to use up leftover ginger from the tempeh stir-fry. Boil 500ml water, pour into a teapot and stir in **3 tsp ground turmeric**, **1 tbsp grated ginger** and the **pared zest of 1 orange**. Leave to infuse for 5 mins, then strain into mugs. Sweeten with **honey** to taste.

## Three ways with ricotta



### Ricotta pasta

Mix **100g ricotta** with **30g grated parmesan**, **1/2 tsp black pepper** and **chopped soft herbs**, such as basil or parsley. Cook **200g dried pasta** and stir through with a splash of pasta water to loosen.



### Whipped ricotta on toast

Whip leftover **ricotta** along with a pinch of salt, **squeeze of lemon juice** and **drizzle of olive oil** using an electric whisk. Spread over **toasted sourdough** and enjoy.



### Ricotta doughnuts

Whisk **200g ricotta**, **2 eggs**, **3 tbsp caster sugar**, **100g flour** and **2 tsp baking powder** in a medium bowl. Shape the dough into 24 balls, then deep-fry in vegetable oil at 160C. Coat in more caster sugar to serve.

## Flaked almond brittle

If you have leftover flaked almonds from the harissa red cabbage, toast **100g flaked almonds** in a small frying pan, then spread out on a baking tray lined with baking parchment. Gently warm **100g caster sugar** with **50g butter**, **1/2 tsp salt** and 60ml water in a small pan. Once the sugar has dissolved, turn up the heat and cook until you have a golden caramel. Pour the caramel over the nuts, then leave to set. Snap into smaller bite-sized pieces to serve.





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Tom Kerridge's  
sausage rolls p46



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beef cobbler p68



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showstopper p72

# weekend

Mouthwatering dishes to dig into with your family and friends



# Tom Kerridge's best ever sausage rolls

Tom raids the storecupboard to give this classic savoury bake a spicy makeover

*photograph* LIAM DESBOIS

If you're someone that likes to experiment, then forget constructing a fully balanced plate of restaurant-standard food, that's what chefs are there for. Instead, start small and try out flavour combinations in things like homemade burgers, through mash, or like I've done here in sausage rolls. These things are a fantastic opportunity to get

creative without making expensive mistakes. When you do experiment, though, never move too far away from what the dish should be, so even though I've added heat with nduja, sharpness with pickled onions and richness with pockets of cheese, at their heart they are still irresistible salty, fatty sausage rolls.



*Even though I've added heat with nduja, at their heart they are still irresistible salty, fatty sausage rolls*



Our contributing editor Tom Kerridge is a BBC presenter, chef-owner of restaurants in London and Marlow and cookbook author. You can also listen to Tom on the BBC Good Food Podcast at [bbcgoodfood.com/podcast](https://bbcgoodfood.com/podcast).  
X @ChefTomKerridge







## Nduja sausage rolls

If you can't find nduja (the spicy salami paste from Italy), use a skinned and mashed soft chorizo sausage instead.

**MAKES 12** **PREP 30 mins**  
**COOK 30 mins** **MORE EFFORT** ✨ 📖

500g pork sausages or  
sausagemeat  
40g fresh white breadcrumbs  
50g nduja  
3 pickled onions, finely chopped  
50g cheddar, cut into small cubes  
375g packet ready-rolled puff  
pastry  
1 egg, beaten  
2 tsp fennel seeds

**1** Put the sausagemeat, white breadcrumbs, nduja, pickled onions and cheese in a large bowl, season with salt and pepper and mix to combine using your hands.  
**2** Unravel the pastry and cut in half lengthways to make two rectangles. Divide the sausage mixture in two

and mould each half into a sausage shape. Put each portion of meat into the middle of a pastry strip, leaving a border at either side. Brush the pastry border and the top of the sausage mix with some of the beaten egg. Fold one edge of the pastry over the meat and roll to encase, then use a fork to press the pastry edges together. Cut the roll into 5cm lengths and arrange on a baking tray lined with baking parchment. Chill for 20 mins. *The sausage rolls will keep chilled for two days or frozen for three months. Defrost completely before cooking.*

**3** Heat the oven to 200C/180C fan/gas 6. Brush the pastry with more egg and sprinkle with the fennel seeds. Bake for 30 mins, or until golden and crisp. Transfer the sausage rolls to a wire rack and leave to cool for a few minutes before serving. *Best served warm, but will keep chilled for two days.*

**PER SERVING** 302 kcs • fat 22g • saturates 9g • carbs 16g • sugars 2g • fibre 2g • protein 8g • salt 1.1g

## 4 more ideas

Try these twists on my recipe, keeping the amount of sausagemeat, breadcrumbs, method and baking times the same, but adding these into step 1 instead.

### •Apple & sage

Fry 1 chopped onion and 1 peeled, cored and finely chopped eating apple in 25g of butter for 10 mins until soft and golden. Leave to cool and add to the sausagemeat with a 1 tsp dried sage.

### •Tomato, bacon & basil

Finely chop 3 rashers of smoked bacon and mix into the sausagemeat with 5 finely chopped semi-dried tomatoes, 2 tbsp of pesto and 25g grated parmesan.

### •Hoisin & ginger

Mix in 2 tbsp hoisin sauce, a finely grated thumb-sized piece of peeled ginger, 2 finely grated garlic cloves and 5 finely chopped spring onions. Sprinkle over sesame seeds.

### •Tex-mex

Scrunch 1 tbsp chipotle paste, a chopped small bunch of coriander, 1 finely chopped red onion and the juice and zest of 1 lime through the sausagemeat.



# Bring on *spring*



As the weather warms up  
and new shoots appear, we're  
excited to get cooking with the  
best produce of the season

*recipes* GOOD FOOD TEAM

*photographs* KAREN THOMAS



From the new year's early shoots, which can be used as micro leaves, to its last stalks in early summer that evoke spring onions, **wild garlic** can be used in many delicious ways. Right now, while the leaves are still young and tender, it can take a starring role in recipes like this pie.

## Wild garlic, chicken & leek pie

*Fragrant wild garlic transforms this chicken pie into something really special. For ease, the filling and pastry can be made ahead.* **Barney Desmazery**

**SERVES 6 PREP 30 mins plus chilling**  
**COOK 1 hr 20 mins MORE EFFORT**

**75g butter**

**150g wild garlic leaves, any stalks reserved (see tip, below)**

**1 leek, halved lengthways, then finely sliced**

**8 skinless, boneless chicken thighs, cut into chunks**

**3 tbsp plain flour**

**100ml non-alcoholic white wine**

**300ml chicken stock (made with 1 stock cube or stock pot)**

**100ml crème fraîche or double cream**

**For the pastry**

**150g cold butter, cut into cubes, plus extra for the tin**

**400g plain flour, plus extra for dusting**

**1 egg, beaten**

**1** Heat 25g of the butter in a frying pan over a medium heat until sizzling, add the wild garlic leaves, season with salt and cook for 5 mins until completely wilted and soft. Leave to cool, then tip onto a board, roughly chop and set aside.

**2** Melt the rest of butter in a frying pan over a medium heat. Tip in the leeks and chicken, season and cook for 10-12 mins until the chicken is just cooked and the leeks have softened. Stir in the flour and cook for 3 mins until the mix resembles a sandy paste. Pour in the wine and bubble for 1-2 mins until reduced by

half, then add the stock and crème fraîche, bring to a simmer and cook for 10 mins more until the chicken is cooked through. Stir through the cooked wild garlic and simmer for another 2-3 mins until thick and creamy. Season to taste, remove from the heat and, if you have any wild garlic stalks, finely slice them and stir through. Leave to cool completely, tip into a container and chill for 2 hrs, or overnight. *Will keep chilled for up to two days.*

**3** To make the pastry, rub the butter into the flour with a large pinch of salt using your fingertips until completely combined. Add half the beaten egg and 3 tbsp ice-cold water, and bring together into a dough using your hands, adding a little more water, 1 tbsp at a time, until you have a dough that's soft enough to work with. Knead for a minute so it completely comes together, then chill for 1 hr. *Will keep chilled for two days.*

**4** Butter a 23cm pie tin. Remove the pastry from the fridge and allow it to come to room temperature, then divide into three. On a floured surface, roll out two-thirds of the pastry until it's the thickness of 2.8mm and large enough to line the tin with some overhanging. Use it to line the tin, then spoon in the filling. Roll out the remaining pastry into a rough 25cm roughly circle. Brush the edge of the pastry with a little of the remaining beaten egg, then

drape over the filling. Trim the edge, then crimp or press with a fork to seal the edges and use any pastry trimmings to decorate, if you like. Chill until you're ready to cook.

*Will keep chilled for up to 24 hrs.*

**5** Heat the oven to 220C/200C fan/gas 7 with a baking sheet inside. Brush the pie with some of the remaining beaten egg then, using a sharp knife, lightly score a criss-cross pattern on top. Put on the hot baking sheet and bake for 20 mins, then brush with the rest of the egg, season with sea salt and bake for another 15-20 mins until deep golden. Remove from the oven, leave to rest for 10 mins, then carefully remove from the tin, put on a serving board and cut into wedges to serve.

**PER SERVING** 667 kcals • fat 40g • saturates 25g • carbs 62g • sugars 2g • fibre 4g • protein 10g • salt 1.4g

### CHANGE IT UP

● You can reduce the prep time, using shop-bought puff pastry.

● If you can't find wild garlic or want to make the pie out of season, use spinach instead. Wilt it in step 1, leave to cool, then squeeze out the water.

#### ● Rabbit & wild garlic pie

For a game pie, swap the chicken for 750g diced rabbit leg.







**Purple sprouting broccoli** is at its best between February and April. It has a lovely, mildly bitter, peppery flavour, similar to cavolo nero, so it can stand up to bold flavours, like the nuoc cham in this recipe. It can be roasted, deep-fried or even eaten raw as a crudité. It is also rich in vitamin C.

## Purple sprouting broccoli tempura with nuoc cham

*Nuoc cham is a Vietnamese dipping sauce with a sweet, sour, funky flavour that works wonderfully with the crispy broccoli here. Using a combination of cornflour and plain flour makes for the crispiest tempura.*

**Helena Busiakiewicz**

**SERVES** 2 as a starter **PREP** 5 mins  
**COOK** 15 mins **EASY**

50g cornflour  
100g plain flour  
1 tbsp black sesame seeds (optional)  
vegetable oil, for deep-frying  
250ml soda water, ice-cold  
200g purple sprouting broccoli,  
woody ends trimmed off,  
chunky pieces sliced in half

**For the nuoc cham**  
2 tbsp fish sauce  
2 limes, juiced  
1 bird's-eye chilli, finely chopped  
2 tbsp sugar

**1** For the nuoc cham, whisk together all of the ingredients with 5 tbsp hot water in a small bowl. Set aside while you make the tempura.

**2** Whisk the cornflour, plain flour, sesame seeds (if using) and a large pinch of salt together. Fill a large, deep pan no more than a third full with the vegetable oil and heat until it reaches 180C or a cube of bread dropped in browns in 20 seconds.

**3** Quickly whisk the soda water into the flour mixture, being careful not to overmix, then dunk in the broccoli using tongs. Carefully lower into the hot oil and cook for 2-3 mins until crisp. Drain on kitchen paper, then serve with the nuoc cham on the side for dipping.

**GOOD TO KNOW** calcium • folate • fibre • vit c •  
1 of 5-a-day

**PER SERVING** 504 kcal • fat 12g • saturates 1g •  
carbs 85g • sugars 23g • fibre 7g • protein 10g •  
salt 3.5g









Earthy **cavolo nero** brings deep irony notes to a dish. The robust leaves can be wilted or blitzed to a purée for stirring through pasta, beans or gnocchi. It's mineral-like taste is perfectly balanced against the sweet peas and asparagus in this recipe.

# Crispy gnocchi with cavolo nero pesto, asparagus & peas

*Making your own gnocchi is easier than you might think, and results in the lightest, cloud-like dumplings – plus, the added bonus of crispy potato skins to snack on (see my tip, below). But, if you need to get dinner on the table in a hurry, you can use a pack of ready-made gnocchi instead. Cassie Best*

**SERVES 4 PREP 35 mins**  
**COOK 1 hr MORE EFFORT V \***

850g baking potatoes (about 4)  
1 tbsp olive, rapeseed or vegetable oil  
2 egg yolks (freeze the whites for another recipe)  
100g '00' pasta flour  
grating of nutmeg  
20g semolina or fine polenta  
knob of butter  
150g asparagus tips  
100g fresh or frozen peas

**For the pesto**  
150g cavolo nero  
1 garlic clove  
50ml olive oil  
1 lemon, zested  
20g parmesan or vegetarian hard cheese, grated, plus extra shavings to serve  
20g flaked toasted almonds

**1** If you're making your own gnocchi, first cook the potatoes. (To save energy, you can bake them a day or two before making the gnocchi while the oven is on for another meal.) Rub the potatoes all over with the oil and a generous pinch of salt. Prick a few times all over with a fork, then microwave on high for 5 mins. Bake in a 200C/180C fan/gas 6 oven for 45 mins, or cook in the air-fryer at the same temperature for 30 mins until crisp on the outside and soft in the centre. Cool for 10 mins, or until you can

handle the potatoes (or leave to cool completely if baking ahead).

**2** Split the potatoes and scoop out the middles. (See tip for making crisps, below.) Mash the potato until smooth, or use a potato ricer if you have one. Tip onto a work surface and make a well in the centre.

**3** Drop the egg yolks into the well and lightly whisk with a fork, gently drawing in the potato. Sprinkle over the flour, season with a generous pinch of salt, and grate over a little nutmeg. Use your hands to work the ingredients into a soft dough, but try not to overwork it – you want the gnocchi to be light and pillowy.

**4** Split the dough into four balls. Roll each into a long sausage shape, about the thickness of a chipolata. Use a sharp knife to cut each into 2cm pieces. Scatter a little semolina or polenta over a large tray and put each gnocchi on the tray, gently pressing your thumb into the middle of each one to squash a little. *Will keep covered and chilled for a day, or frozen for two months.*

**5** To make the pesto, strip the leaves from the cavolo nero stalks (the stalks can be finely chopped and added to a soup). Put in a colander and pour over a kettleful of freshly boiled water to wilt, then transfer to a blender or food processor. Add the garlic, olive oil, lemon zest, cheese and almonds, along with a good pinch of salt and splash of water. Blitz to a paste, adding a little more

water or lemon juice if needed. *Will keep chilled for a few days or frozen for up to three months.*

**6** Bring a large pan of water to a simmer and cook the gnocchi in two or three batches until they rise to the surface, about 2 mins. Scoop out using a slotted spoon and transfer to a plate.

**7** Melt a knob of butter in a large frying pan over a medium heat until sizzling. Fry the gnocchi in two batches until crispy on both sides. Transfer to a plate. Add a little more butter and the asparagus to the pan, and fry for 2-3 mins until just cooked. Add the peas and pesto, along with a splash of water to loosen. Warm the pesto for a minute, then toss in the gnocchi. Scatter over the cheese shavings, grind over some black pepper and serve straightaway.

**GOOD TO KNOW** folate • fibre • vit c • 1 of 5-a-day  
**PER SERVING** 511 kcs • fat 24g • saturates 5g •  
carbs 54g • sugars 3g • fibre 8g • protein 15g •  
salt 0.4g

## POTATO SKIN CRISPS

Tear the baked potato skins into bite-sized pieces, toss in a drizzle of oil and any spices you fancy (cumin and paprika work well), along with a little salt. Bake or air-fry for 8-10 mins until crisp.







You know spring has arrived when British **asparagus** starts to appear in the supermarket. Stand stems in a jug of water in the fridge to keep them at their best, and steam, griddle, roast or fry them whole to make the most of this glorious vegetable.

## Pea, asparagus & burrata salad with mint salsa verde

*This salad is bursting with flavours of the new season: fresh mint, peas and asparagus. Creamy burrata is the perfect foil to ensure all that subtle sweetness and verdant freshness really stands out.* **Anna Glover**

**SERVES** 4 as a side or light lunch

**PREP** 10 mins **COOK** 5 mins **EASY** **V**

500g asparagus spears, trimmed  
250g peas (fresh or frozen)  
1 banana shallot, finely chopped  
4 tbsp extra virgin olive oil  
1 lemon, zested and juiced  
small bunch of mint, leaves picked and finely chopped  
pinch of sugar  
1 tbsp capers, drained and finely chopped  
2 handfuls of pea shoots

1-2 burrata (depending on size)  
griddled sourdough, to serve

**1** Put the asparagus and peas in separate baskets of a tiered steamer (the peas on top of the asparagus), and steam for 4-6 mins until the asparagus is tender and the peas are bright green. Or, cook in a pan of boiling water for 2-3 mins. Remove and leave to steam-dry while you make the salsa verde.

**2** Mix the shallots, olive oil, lemon juice, mint, sugar and capers

together in a bowl with seasoning. Add a little more oil or a splash of water to make a spoonable dressing.

**3** Scatter the peas and asparagus over a platter, and toss with half of the salsa verde. Briefly toss in the pea shoots, then tear over the burrata. Spoon over the remaining salsa and sprinkle over the lemon zest, then serve straightaway alongside the griddled sourdough.

**GOOD TO KNOW** folate • vit c • 1 of 5-a-day  
**PER SERVING** 275 kcals • fat 21g • saturates 7g •  
carbs 8g • sugars 3g • fibre 5g • protein 10g • salt 0.3g









Though often used as a garnish, there's so much more you can do with them – chop and mix into cheese scones, or finely slice and cook with scrambled eggs. If you're just using the green parts, put the roots in a glass of water and they will regenerate.

## Charred spring onion, chilli & feta flatbreads

*Vibrant spring onions are the star of the show here, scattered over creamy, tangy feta and soft flatbreads for a simple yet stunning lunch. Ailsa Burt*

**MAKES 4** **PREP** 30 mins plus at least 1 hr rising **COOK** 35 mins **EASY** **V** 

2 bunches of spring onions (about 250g), trimmed  
 3½ tbsp olive oil  
 4 garlic cloves, sliced  
 1 red chilli (deseeded if you prefer less heat), sliced  
 ½ tbsp nigella seeds  
 100g Greek-style yogurt  
 200g feta (vegetarian, if needed), crumbled  
**For the dough**  
 7g sachet fast-action dried yeast  
 400g strong white bread flour, plus extra for dusting  
 1 tsp caster sugar  
 2 tbsp olive oil, plus extra for rising

**1** For the dough, combine the yeast, flour, sugar, 1 tsp salt, the olive oil and 250ml warm water. Do this in a stand mixer with a dough hook attachment for 8-10 mins, or lightly dust a surface with flour and knead until smooth and elastic. Lightly oil a clean bowl and tip in the dough. Cover and leave to rise for 1-2 hrs until doubled in size. (This may take slightly longer depending on how warm your kitchen is.)

**2** Meanwhile, finely slice one bunch of spring onions, then cut the other bunch in half to roughly separate the white parts from the green. Heat 3 tbsp oil in a small frying pan over a medium heat and cook the finely sliced spring onions, the garlic, chilli and nigella seeds until the garlic is fragrant and sizzling, about 2-3 mins. Strain the mixture in a fine sieve set over a bowl, reserving the oil. Tip the yogurt and 150g feta into a food processor and blitz until smooth, or do this using a hand blender. Stir in half the spring onion and garlic mixture, along with some seasoning, and chill until needed. *Will keep chilled for a day.*

**3** Lightly dust a clean work surface with flour and tip out the risen dough. Split into four pieces and shape into balls. Cover and leave to rest for 5 mins. Roll each one out as thinly as possible, then lift and stretch the dough using your hands. Heat a heavy-based or cast-iron frying pan over a medium-high heat. Brush each side of the flatbreads with the reserved garlic oil, then cook for 2-3 mins each side until puffed up and charred. Remove and wrap in a clean tea towel to keep

warm and soft, then repeat with the remaining flatbreads. Toss the halved spring onions with the remaining ½ tbsp olive oil, and set the pan over a high heat. Cook the spring onions for 3 mins undisturbed, then shake the pan to shuffle them, doing this until charred all over. Set aside.

**4** To assemble, brush a little more garlic oil over the flatbreads, then top with the yogurt mixture and charred spring onions. Scatter over the remaining spring onion mixture, and the feta, then drizzle over a little more of the garlic oil, if you like.

**GOOD TO KNOW** calcium • folate

**PER SERVING** 680 kcals • fat 29g • saturates 11g • carbs 79g • sugars 4g • fibre 4g • protein 23g • salt 2.5g

### MAKE IT HERBY

- You can add leftover chopped herbs to your flatbreads, if you like.
- Double the flatbread recipe and freeze the cooked flatbreads for another day.









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# Grow it, *cook it*



Cook something different with carrots, beetroot and parsnips using recipes from our food director **Cassie Best** and pick up tips on growing your own with **Adam Frost** of BBC Gardeners' World




# Carrots

*Homegrown carrots have more flavour, and you can sow a much wider variety than what's available in the shops. As well as standard orange, you can grow purple, yellow and white carrots, plus rounded ones that are best suited to growing in pots. Use them in myriad ways, from grating into fritters and salads, to roasting until sweet and sticky.*

## Carrot & harissa soup with feta toasties

*Stash this soup in the freezer for a speedy lunch on busy days. (If you freeze a batch in individual portions, it defrosts more quickly.) The feta toasties are optional, but well worth the extra effort.*

**SERVES 6** **PREP** 25 mins  
**COOK** 40 mins **EASY** 

2 tbsp rapeseed or olive oil, plus a drizzle  
2 onions, sliced  
4 garlic cloves, crushed, or 2 tsp garlic purée  
thumb-sized piece of ginger, peeled and finely chopped, or 2 tsp ginger purée  
2 tsp ground cumin  
2 tsp ground coriander  
2 tsp smoked paprika  
pinch of chilli flakes  
500g carrots, coarsely grated  
150g split red lentils  
handful of coriander, leaves picked, stalks roughly chopped  
1.5 litres vegetable or chicken stock  
100ml cream (dairy or plant-based), plus a drizzle to serve  
1-2 tbsp harissa, plus extra to serve  
**For the toasties**  
250g feta  
drizzle of honey, plus extra to serve  
6 slices of white bread  
knob of butter  
3 tbsp sesame seeds

**1** Heat the oil in a large pan over a medium heat and cook the onions for 8-10 mins until starting to soften and caramelize. Stir in the garlic, ginger and spices, and sizzle for 1-2 mins more.

**2** Add the carrots, lentils, coriander stalks and stock, along with some seasoning. Bring to a simmer, then cover, reduce the heat to a simmer and bubble for 20 mins.

**3** Pour in the cream and stir in the harissa, adding an extra spoonful if you like it spicy. Blitz the soup using a hand blender until smooth, then taste for seasoning. *Once completely cool, the soup will keep frozen for up to three months. Defrost completely in the fridge, then reheat in a pan until piping hot.*

**4** For the toasties, crumble the feta in a bowl and lightly mash along with a drizzle of honey using a fork. Divide the feta between 3 slices of bread, then sandwich with the remaining slices. Generously butter the outside of each sandwich. Tip the sesame seeds onto a plate and press the buttered sides of the sandwiches into the seeds to fully coat. Heat a frying pan or griddle pan over a medium heat and fry the toasties for 2-3 mins on each side until the bread is golden brown and the feta, gooey. Drizzle with a little extra honey, if you like.

**5** Stir together a drizzle of oil and a spoonful of harissa. Ladle the soup into deep bowls and top with a drizzle of cream, the harissa oil, coriander leaves and a grinding of black pepper. Serve with the feta toasties for dunking.

**GOOD TO KNOW** calcium • fibre

• 2 of 5-a-day

**PER SERVING** 439 kcs • fat 23g • saturates 10g

• carbs 27g • sugars 11g • fibre 8g • protein 26g •

salt 2.8g





## ADAM'S ADVICE ON GROWING YOUR OWN

### Growing season

- Sow carrot seeds sparingly in drills in prepared soil from March to June.

### Planting out

- Cover with a thin layer of sieved soil, and water with a watering can with a rose attached. Carrot seeds should germinate within a couple of weeks. It's best to avoid thinning carrots to avoid carrot root fly, but keep the area weed-free and water only during very dry spells.

### Harvest

- Carrots can take up to three months to grow – depending on the variety you choose, you should be harvesting fresh carrots around 10-16 weeks after sowing.



Adam Frost is an award-winning British garden designer and presenter on BBC Two's *Gardeners' World*. He also appears on BBC coverage of the RHS Flower Shows. @adamfrostdesign • For more tips on growing your own, visit [gardenersworld.com](http://gardenersworld.com)



# Beetroot

*Growing beetroot is easy, and results in delicious, round roots that can be boiled, roasted, pickled and eaten raw in salads. The colourful young leaves can be picked and also used in salad, or as a garnish, while mature leaves can be wilted and used in a similar way to spinach. There's a wide variety of beetroot to grow, with orange, yellow and pink cultivars to choose from.*

## Steak sarnies with fiery beetroot remoulade

*The remoulade is the star of this recipe – you'll make more than you need for two sandwiches, but it's worth keeping an extra portion in your fridge for a few days to serve in sandwiches or alongside a piece of salmon, trout or gammon.*

**SERVES** 2 with leftover remoulade

**PREP** 25 mins plus chilling

**COOK** 8 mins **EASY** ✨

75g mayonnaise  
1 tbsp hot English mustard  
1 tbsp creamed horseradish  
1 lemon, juiced  
2 beetroot (about 200g)  
¼ celeriac (about 200g)  
2 x 200g sirloin steaks  
2 tbsp rapeseed or olive oil,  
plus a drizzle  
2 half ciabattas  
2 garlic cloves, halved  
2 handfuls of watercress or rocket

**1** Combine the mayo, mustard, horseradish, half the lemon juice and some seasoning in a bowl. Peel the beetroot and thinly slice, then cut each slice into thin matchsticks and put in the bowl with the mayo dressing. Repeat with the celeriac, then fold the veg through the dressing. Chill for at least 30 mins. The veg will continue to soften the longer it's left in the dressing. *Will keep chilled for up to a day.*

**2** Remove the steaks from the fridge 30 mins before cooking. Rub each steak with a little oil and season well. Heat a frying or griddle pan

over a high heat until very hot, then cook the steaks for 2-3 mins on each side for medium, or until cooked to your liking. Transfer to a plate to rest for a few minutes.

**3** Meanwhile, split each ciabatta half and rub the cut sides with the cut sides of the garlic, then press the bread, cut side down, onto the hot pan and toast for 1-2 mins.

**4** Toss the watercress or rocket with the remaining lemon juice. Trim away the fat from the steaks, if you like, then thinly slice. Lay the steak slices over the base of each ciabatta. Top with the remoulade and a handful of the dressed leaves. Drizzle any resting juices from the steak plate over the remaining ciabatta slices and sandwich these on top. Serve hot.

**GOOD TO KNOW** calcium • folate • fibre • vit c • iron • 2 of 5-a-day

**PER SERVING** 886 kcs • fat 37g • saturates 7g • carbs 74g • sugars 10g • fibre 9g • protein 59g • salt 2.2g





## ADAM'S ADVICE ON GROWING YOUR OWN

### Growing season

- Sow beetroot seeds outdoors from mid-April to late June.

### Planting out

- Sow into a shallow drill, 1cm deep. Space seeds 10cm apart, with 30cm between rows. Water the plants regularly and keep the area free from weeds.

### Harvest

- For the sweetest flavour, harvest beetroot when the roots are the size of a golf ball – larger roots can become woody.






# Parsnips

*These flavoursome roots are delicious roasted, added to soups and stews, and even baked into a cake. They're easy to grow but take a long time to mature – seeds sown in spring yield roots in autumn.*

## Parsnip, brown butter & hazelnut loaf cake

*Make the most of the naturally sweet, nutty flavour of parsnips in this simple loaf cake. The veg keeps the sponge moist for days.*

**SERVES** 8-10 **PREP** 25 mins  
**COOK** 1 hr **EASY** 

100g unblanched hazelnuts  
200g butter, plus extra for the tin  
50g full-fat soft cheese  
200g light brown soft sugar  
3 eggs  
200g self-raising flour  
2 tsp baking powder  
1 lemon, zested  
2 tsp vanilla extract  
250g parsnips (about 2-3), coarsely grated

### For the icing

50g softened butter  
125g icing sugar, sieved  
150g full-fat soft cheese  
1 tsp vanilla extract  
1 tbsp maple syrup (optional)

**1** Tip the hazelnuts into a dry frying pan and toast over a medium-low heat until golden brown. Put 25g of the toasted nuts in a dish and set aside. Leave the rest to cool.

Meanwhile, melt the butter in a pan over a medium heat and swirl the pan occasionally, until the butter turns nut brown (watch closely so it doesn't burn). Remove from the heat and leave to cool slightly. Meanwhile butter a 900g loaf tin and line with baking parchment, leaving some overhanging. Heat the oven to 180C/160C fan/gas 4.

**2** Tip the 75g cooled nuts into a food processor and blitz until roughly ground, but not fine. Add the brown butter, soft cheese, brown sugar, eggs, flour, baking powder, lemon zest, vanilla and a pinch of salt, and blitz again until smooth and creamy.

**3** Tip the grated parsnips and cake batter into a large bowl, and fold together using a spatula. Scrape the mixture into the tin and level the surface. Bake in the centre of the oven for 50 mins until risen, golden and a skewer inserted into the middle comes out clean. If any wet batter remains, return to the oven

for 5 mins, then check again. Leave to cool in the tin for 10 mins, then transfer the cake to a wire rack to cool completely.

**4** To make the icing, beat the butter and icing sugar together using an electric whisk (or in a stand mixer) until smooth. Add the soft cheese and vanilla, and beat again until well combined. Spread the icing over the cooled cake. Roughly chop the reserved hazelnuts and scatter these over the top, then drizzle with maple syrup, if you like. *Will keep in a cake tin or airtight container in a cool place for up to three days.*

**PER SERVING (10)** 543 kcs • fat 34g • saturates 17g • carbs 51g • sugars 34g • fibre 2g • protein 7g • salt 1.1g





## ADAM'S ADVICE ON GROWING YOUR OWN

### Growing season

- Sow seeds directly into the soil from mid-spring, after the soil has warmed up.

### Planting out

- Parsnips do best in an open, sunny site with free-draining, well-worked soil with no stones. Overly fertile soil can cause the roots to fork, so sow them where you haven't dug in any compost or manure in the last year. Parsnip seed can be tricky to germinate. Always use fresh seed and be patient – they can take up to three weeks to sprout.

### Harvest

- The roots will reach full size by autumn, so you can start pulling up fresh parsnips as required from September onwards. Loosen the soil around the roots before lifting. Parsnips taste sweeter the longer they're left in the ground, particularly after a hard frost.



## ALSO IN SEASON

### Wild garlic

**We dive into specialist and hyper-seasonal ingredients. This month, Barney Desmazery talks wild garlic:**

Wild garlic grows in abundance, is easy to identify and the whole plant is edible – it can be eaten raw or cooked. As the name suggests, it's the wild cousin to the garlic you normally use. The tender shoots appear from mid-February, and the plant will reach its full glory in late March. About mid-April, the star-shaped flowers blossom, then go to seed. The leaves turn bitter, but the stalks can be used like spring onions and the seeds can be eaten raw or pickled.

As with all foraging, you'll need the landowner's permission, and only pick what you need – it's also illegal to dig it up by its roots on common ground. It thrives on the edge of damp woodland, by shaded streams. Snip the leaves or whole plant with a pair of scissors, and keep in a cool, dark place – a food bag in the salad drawer of the fridge is ideal. The leaves will keep for up to four days like this, but the flowers are best used on the day they're picked.

Wash wild garlic well in cold water before eating. Young leaves, flowers and seed pods can be added to salads, and flower stems can be used like chives. Bigger leaves can be blitzed into oils, pestos or dressing, or wilted like spinach. It's great with chicken, lamb, trout, salmon or new potatoes. Try our wild garlic pie recipe or visit [bbcgoodfoodme.com](https://bbcgoodfoodme.com) for more inspiration.

Photo LARISSA VERONESI / MOMENT / GETTY



# next level beef cobbler

Transform a rich beef stew into an all-in-one meal by topping it with fluffy cheese scones

recipe BARNEY DESMAZERY photograph LIAM DESBOIS

Reclaim your  
weekend  
Boost your  
skills

*Stew is one of the most comforting dishes there is, but we've taken it to the next level by giving it a cobbler topping with cheddary scones, flavoured with thyme and Marmite.*

**SERVES 6 PREP 40 mins**  
**COOK 4 hrs MORE EFFORT**

1kg braising steak, cut into large chunks (beef shin works well)  
500ml stout  
2 tbsp vegetable oil  
2 onions, roughly chopped  
6 carrots, cut into large chunks  
2 tbsp plain flour  
1 beef stock cube  
2 tsp golden caster sugar  
small bunch of thyme  
3 bay leaves  
**For the cobbler topping**  
200ml whole milk  
1 tsp Marmite (optional)  
350g self-raising flour, plus extra for dusting  
50g wholemeal flour (or use a total of 400g self-raising flour)  
1 tbsp thyme leaves, plus extra to serve  
¼ tsp baking powder  
100g cold unsalted butter, cut into cubes  
150g mature cheddar, grated  
1 egg, beaten

**1** If you have time, tip the beef into a large bowl, pour over the stout and chill for up to 24 hrs. If you do marinate the beef, drain, then pat dry using kitchen paper before continuing. Reserve the stout.  
**2** Heat the oven to 160C/140C fan/gas 3. Heat the oil in flameproof casserole dish over a high heat and brown the beef on all sides (you'll need to do this in batches). Set aside

on a plate. Brown the onions and carrots for 6-8 mins, then scatter in the flour and stir to coat. Return the beef and any resting juices to the casserole, and stir well. Pour in the reserved stout and crumble in the stock cube. Season with salt, pepper and the sugar. Tie together the thyme and bay leaves using kitchen string, drop into the stew and bring to a simmer. Cover and cook in the oven for 2 hrs 30 mins-3 hrs, or until the meat is tender. Remove from the oven and turn up the heat to 220C/200C fan/gas 7.

**3** While the beef cooks, make the topping. Warm the milk and Marmite, if using, in a small pan over a low heat until steaming, then set aside. Tip the flours, thyme, baking powder, butter and a large pinch of salt into a bowl and rub together using your fingers until the mixture resembles breadcrumbs. Mix in 100g of the cheese. Stir in the warmed milk until a dough forms, then tip out onto lightly floured surface and pat out into a 2cm thickness. Stamp out scones using a round cutter or glass, re-rolling the offcuts to get 10 total.

**4** If your stew isn't close to the rim of the casserole dish, transfer to a pie tin or ceramic baking dish. For the glaze, brush the beaten egg over the scones and arrange on top of the stew, overlapping slightly if needed. Scatter over the remaining cheese and bake for 20-25 mins until deeply golden. Leave to rest for 5 mins, then scatter over some extra thyme leaves and serve from the dish.

**GOOD TO KNOW** calcium • fibre • iron • 1 of 5-a-day  
**PER SERVING** 895 kcs • fat 42g • saturates 21g •  
carbs 70g • sugars 14g • fibre 7g • protein 50g • salt 2.1g

## Our top tips

### MAKE IT CHUNKY

Pre-diced stewing beef is often cut too small, and breaks down during cooking. Cut the beef yourself to retain large chunks.

### CHOOSING THE CUT

For stewing, you want a cut of beef that has connective tissue running through it – this stops the meat drying out. We like shin, but diced beef cheek would also work well – it just might take a bit longer.

Shoot directors LAURIE NEWMAN,  
JORDAN EDMONDS-MOORE / Food stylist  
KATIE MARSHALL / Stylist MAX ROBINSON





#### BACK TO YOUR ROOTS

For a built-in vegetable side (and because we love stewed carrots), we've upped the amount of carrots you'd usually use in a stew.

#### FOR DEPTH OF FLAVOUR

While it's optional, we recommend marinating the beef in the stout, if you have time, for deeper flavour and a meatier taste.

#### BIG AND STOUT

Stout provides richness of taste and a deep colour, but it can also create a bitter note – you can easily correct this with just a pinch of sugar.

#### SAY CHEESE

Not content with the usual scone-based cobbler topping, we've made ours with mature cheddar to give this an extra layer of savoury tang.

#### LOVE IT OR HATE IT

To add yet another layer of flavour, we've included Marmite in our cheese scone mixture – this enhances the overall seasoning of the finished dish, complementing the beef and the cheese.



# Learn something new

How to cook with vinegar, smash burgers and roast a chicken Basque-style

## Test kitchen secrets

**Helena Busiakiewicz**, our food content creator, explains ways to use vinegar you may not have tried

Vinegar is a wonderful tool to season with, as acidity is important when rounding out the flavour of your food. Vinegar tames the heat of a dish, intensifies savouriness and sweetness, and just generally makes your food sing. However, so many of us are put off by the astringent smell from the bottles we've had in the cupboard for perhaps a little too long. Excellent vinegars should taste delicious on their own, with these being the sort you want to save for salad dressings and sauces.

In classical French cooking, the reduction of vinegar and sugar together creates a sour and slightly sweet 'gastrique', which is used to amplify the flavour of food. For a makeshift version, the next time you cook with canned tomatoes, add a splash of red wine vinegar and a pinch of sugar.

Vinegar is made by fermenting ingredients such as grapes and apples (think red wine vinegar and apple cider vinegar) alongside yeast. It is a process that takes time, where the sugars these ingredients contain are slowly converted into acetic acid, which is what gives vinegar its distinctive pungency. Modern-day vinegar-making is much quicker, using pressurised steel tanks.

White vinegar also has fabulous cleaning properties and can be better for the environment than chemical-based cleaning products. It works well when mixed in a 1:1 ratio with water for descaling kettles, cleaning stubborn food stains from pans or scrubbing oven doors. However, be aware that it can damage some surfaces, like cast iron.



## Do you really need... a cooling rack?

If you don't let air circulate around bakes as they cool (especially pastries and bread), the moisture from the released steam is trapped resulting in the biggest of baking faux pas, a soggy bottom. A wire cooling rack allows air to get around the bakes and, if you buy one that is ovenproof, it can double up as a roasting rack to cook roasts more evenly and help crisp up the skin on duck. That said, if you don't have one, an upturned, clean oven rack works just as well.



## #socialskills

Our tips of the month from our social channels and podcasts

### Video skills and radio stars

On our Instagram and TikTok, Ailsa Burt shared a clever tip to get the most flavour from tomato purée and stop it tasting acidic – caramelising it. Simply add it to any cooked vegetables but rather than adding liquid straightaway, fry it for five minutes until it darkens.

Over on our podcast, *Bake Off* winner and *Strictly* star John Whaite let us in on his top sponge tip. John says his perfect sandwich sponge is cooked at around 160C for 18-20 mins – slightly lower than we cook ours, but as he explains, it's all about getting to know your oven.

Burger and chips photographs and styling BEN CURTIS | Food stylist BARNEY DESMAZERY. Other photographs DIANA MILLER/IMAGE SOURCE, ANNABELLE BREAKEY/DIGITALVISION/GETTY, DAVID COTSWORTH, LAURA EDWARDS



# BOSS THE BASICS

## Burger & chips

We show you how small tips make a big difference in day-to-day cooking



### Burgers

Try not to handle the mince too much. The more you squish it together, the more you work the protein in the meat and the tighter the texture of the burger becomes.



Cook the burgers by 'smashing' (squashing) them down with a burger press or heavy pan and a piece of baking parchment. This way, they'll form a flavoursome crust.

### Oven chips

Homemade oven chips are much easier than deep-fried – it's a similar process to roasting. Chop the raw potatoes, leaving the skin on for nutrition, then add a splash of vinegar to the cooking water. This makes the starch turn gelatinous which helps the potatoes to keep their shape.

Once boiled, lightly dust them with cornflour for a crisp coating, and drain off any excess oil halfway through cooking to prevent them being saturated in oil.



## How to roast chicken like José Pizarro

The Spanish chef opts for a fruity twist



At this time of year, when it comes to roasting a chicken, I'm inspired by the ingredients from northern Spain and a trip I took to a beautiful Basque cider house. There I saw chickens freely hopping around apple trees, and that was it! This recipe is more of a one-pot or pot-roast. First you brown the best chicken you can afford in olive oil in a casserole dish, then you fill the cavity with a peeled, cored and halved

apple. The chicken is then pot-roasted in the pan with more apples, sliced onions, sultanas, sage, bay and lots of Spanish cider. You cover the pan and everything cooks slowly at 160C/140C fan/gas 3 for an hour, then uncover it, turn the heat up to 220/200C fan/gas 8 for a final 10 minutes. What you end up with is a succulent chicken in a soft onion and chunky apple sauce.

**Follow José Pizarro on Instagram @jose\_pizarro or visit [josepizarro.com](http://josepizarro.com).**



# Chocolate showstopper

Try our take on this classic dessert from the States – ideal for making ahead

recipe CASSIE BEST photograph JONATHAN GREGSON

## Tahini Mississippi mud pie

**SERVES** 10-12 **PREP** 30 mins plus 2 hrs  
30 mins cooling chilling **COOK** 20 mins  
**MORE EFFORT** V

300g bourbon biscuits  
100g butter, melted

### For the brownie layer

125g dark chocolate (70% cocoa), broken  
into small pieces

125g unsalted butter

175g light brown soft sugar

2 eggs

100g tahini

75g plain flour

1 tbsp cocoa powder

### For the topping

250g vanilla custard

75g dark chocolate (70% cocoa),  
broken into small pieces

350ml double cream

1 tbsp tahini

1 tbsp icing sugar

sesame brittle, to  
decorate

**1** Put the biscuits in a food processor and blitz to crumbs, or tip into a bowl and gently bash with the end of a rolling pin. Mix in the melted butter. Tip into a deep 26cm fluted tart tin, and use a spoon to press the crumbs into the base and up the sides of the tart tin making sure it's compact and there are no gaps. Leave to chill in the fridge.

**2** Heat the oven to 180C/160C fan/gas 4. Melt the chocolate and butter in a bowl in the microwave in 30 seconds bursts, stirring regularly until smooth, or in a heatproof bowl set over a pan of simmering water (ensuring the bowl doesn't touch the water). In another bowl, beat the sugar and eggs with an electric whisk for 4-5 mins until creamy.

**3** Pour the chocolate mixture and tahini into the sugar and egg mixture. Sieve the flour, cocoa powder and  $\frac{1}{2}$  tsp salt over the wet ingredients, then gently fold everything

together, being careful not to knock out too much air. Pour the brownie mixture into the tart case and place on a baking tray (some butter might ooze from the tin). Bake in the middle of the oven for 20 mins until just set – it should still have a wobble in the centre. Cool at room temperature for about 2 hrs.

**4** Meanwhile, make the topping. Put the custard and chocolate in a pan and cook over a medium heat, stirring, until the chocolate has melted. Remove from the heat and set aside to cool.

**5** Spread the chocolate custard over the brownie layer. Chill for 30 mins until firm.

**6** Whip the cream, 1 tbsp tahini and icing sugar together until it holds soft peaks. Pile on top of the pie and decorate with the sesame brittle. *Will keep chilled for up to three days.*

**PER SERVING (12)** 682 kcal • fat 51g • saturates 28g •  
carbs 46g • sugars 29g • fibre 4g • protein 8g • salt 0.5g





family

# What to cook for Eid al-Fitr

Food writer **Anisa Karolia** shares her recipes to enjoy  
over Ramadan and Eid

*photographs* ELLIS PARRINDER



Chana batata, chickpea  
& potato masala



## Chana batata, chickpea & potato masala

*Chana batata is a popular and comforting vegetarian starter. Chickpeas and diced potatoes are simmered in a rich and savoury tomato-based gravy. This dish is perfect for parties and get-togethers.*

**SERVES** 4-5 **PREP** 15 mins

**COOK** 30 mins **EASY** **V**

1 tsp mustard seeds  
2 tbsp oil  
8-9 curry leaves  
300g passata  
1 tsp garlic paste  
1½ tsp chilli powder  
½ tsp ground turmeric

1 tsp hot paprika  
1 tsp ground cumin  
1 tsp ground coriander  
3 tbsp tamarind paste  
3 tbsp chilli sauce  
2 tbsp jaggery or granulated sugar  
200g can sweetcorn, drained  
400g can kala chana (black chickpeas), drained  
400g can chickpeas, drained  
300g can baby potatoes, drained and halved  
5g coriander, finely chopped, to serve  
1 red onion, finely diced, to serve

**1** Heat a large pan over a medium heat. Tip in the mustard seeds and cover with a lid. Once they start to pop, pour in the oil and add the

curry leaves, passata and garlic paste. Cook for 1 min until fragrant.

**2** Add the spices and cook for 3-4 mins until the passata reduces and the spices are well incorporated. Add the tamarind paste, chilli sauce and jaggery or sugar. Mix everything well, then add the sweetcorn, kala chana, chickpeas and potatoes, and stir to combine.

**3** Pour in 240ml water, cover with a lid and cook on a low heat for 20 mins, or until the sauce thickens slightly. Serve in individual bowls, with the chopped coriander and diced red onion scattered over.

**GOOD TO KNOW** vegan • low fat • fibre • 2 of 5-a-day  
**PER SERVING** (5) 304 kcals • fat 9g • saturates 1g • carbs 42g • sugars 18g • fibre 9g • protein 10g • salt 0.9g

## Desi omelette

*This is a traditional Indian version of the classic omelette. Its beauty lies in its versatility – you can get creative and adjust it to your liking, adding different spices, herbs and vegetables. It's very popular at breakfast, and so quick and easy that you can have it any time of day.*

**SERVES** 4-5 **PREP** 5 mins

**COOK** 5-6 mins **EASY** **V**

6 eggs  
1 tsp chilli powder  
½ tsp ground turmeric  
1 tsp ground cumin  
1 tsp ground black pepper  
1 red onion, finely diced  
½ red pepper, cut into small cubes

2 garlic cloves, crushed  
2 spring onions, finely chopped  
5g coriander, finely chopped  
1 green chilli, finely chopped (optional)  
2 tbsp oil  
beans, to serve (optional)

**1** Crack the eggs into a bowl and add the chilli powder, ground turmeric, ground cumin, black pepper, red onion, red pepper, garlic, spring onions, coriander, green chilli (if using) and salt to taste. Whisk.

**2** Heat the oil in a medium frying pan on a medium heat. Pour in the egg mixture and swirl the pan to spread the egg evenly. You can cook the mixture in batches, if needed. Cover the pan with a lid and cook for

3-4 mins until the bottom side is set and browned lightly. Using a spatula, flip the omelette and cook the other side, uncovered, for 1-2 mins. Serve with beans on the side, if you like.

**GOOD TO KNOW** vit c • gluten free  
**PER SERVING** (5) 145 kcals • fat 10g • saturates 2g • carbs 3g • sugars 3g • fibre 2g • protein 9g • salt 0.3g



**tip**  
To make your omelette cheesy, sprinkle grated cheddar over the top once flipped, then cover – it will melt nicely.



Anisa Karolia is an award-winning Muslim food blogger and cookbook author. Her mission is to create quick and easy recipes, and she especially loves to share family favourites that she enjoyed growing up with. @anisagrams









### Lamb nihari

*This delicious stew is my aunt Khadija's speciality dish. It's hearty, spicy and meltingly tender, with an aromatic, silky smooth gravy, perfect to scoop up with naan. Ideal for when you have guests over.*

**SERVES 10 PREP 20 mins**  
**COOK 1 hr 30 mins EASY**

200ml oil  
3 onions, finely sliced  
2 bay leaves  
2 cinnamon sticks  
3 cloves

3 cardamom pods  
5-6 black peppercorns  
2-3 star anise  
2kg mix of diced lamb shoulder and leg  
1 heaped tbsp ginger paste  
1 heaped tbsp garlic paste  
2.5cm piece of ginger, peeled and chopped into small pieces  
1 tsp ground turmeric  
1 tsp ground black pepper  
1 tsp Kashmiri chilli powder  
1 tsp chilli powder  
5 tbsp nihari masala powder (available online or in specialist shops)  
150g wholemeal chapati flour

#### For the tarka (to temper the spices)

2 tbsp oil  
1 tbsp ghee  
1 tsp cumin seeds

#### To garnish

3-4 green chillies, finely sliced  
3-4 red chillies, finely sliced  
5cm piece of ginger, peeled and cut into fine strips  
10g coriander, finely chopped  
2 lemons, cut into wedges  
2 limes, cut into wedges

**1** Heat the oil in a large pan over a medium heat and fry the onions until golden brown, making sure not to burn them, about 20 mins. Drain on kitchen paper and set aside.

**2** In the same pan, tip in all the whole spices, lamb, ginger and garlic pastes, fresh ginger, turmeric, black pepper and some salt. Stir well, then cover and cook for 30 mins over a low heat, stirring occasionally. The water from the meat will evaporate and the oil will float to the top.

**3** Add the chilli powders and nihari masala, cook for 2-3 mins so the spices are mixed in well, then add 1 litre cold water. Stir in most of the fried onions, setting a few aside to garnish. Cover and cook for 20 mins.

**4** Tip the chapati flour into a frying pan over a low heat and cook for 5 mins. Transfer to a large bowl, pour in 1 litre hot water and mix to form a smooth paste. This will act as a thickening agent.

**5** Pour half the flour mixture into the pan with the meat, stir, then pour in the remaining mixture and stir again. The nihari will start to thicken. Pour in 2 litres cold water, stir and cover with a lid. Simmer over a low heat for 30 mins until the meat is tender.

**6** For the tarka, heat a medium frying pan over a medium heat and tip in the oil, ghee and cumin seeds. Warm for 1 min until aromatic, then pour this over the nihari for an extra layer of flavour.

**7** Serve in bowls, sprinkled with the chillies, ginger, crispy fried onions and coriander. Serve with the lemon and lime wedges for squeezing over.

#### GOOD TO KNOW iron

**PER SERVING** 670 kcs • fat 53g • saturates 17g • carbs 16g • sugars 3g • fibre 2g • protein 32g • salt 0.3g





### tip

#### Chocolate knafeh nests

If you like chocolate, you could fill these with chocolate spread instead of ricotta, and drizzle over melted chocolate or chocolate & hazelnut spread. Add 1 tsp rose essence or orange blossom water to the sugar syrup to add a floral note.



### Knafteh nests

*Knafteh is a Middle Eastern delicacy made with fine vermicelli-like, shredded filo dough, filled with cheese, baked until crisp and golden, and drenched in sugar syrup to add sweetness. This mini version is the perfect individual portion size to serve to your guests.*

**MAKES 6** **PREP** 20 mins

**COOK** 30 mins **EASY** **V**

100g granulated sugar

150g kataifi pastry (shredded filo dough)

3 heaped tbsp ghee, melted, plus extra for the tin

130g ricotta

ground pistachios and dried rose petals, to decorate (optional)

**1** Heat the oven to 190C/170C fan/gas 5. Put 160ml water and the sugar in a medium saucepan over a

medium heat, and stir until the sugar has dissolved, then turn off the heat and set aside for the syrup cool.

**2** Put the kataifi pastry in a large bowl and separate the threads of dough using your fingers. Add the melted ghee and mix with your hands so the ghee is well incorporated. Brush six holes of a muffin tin with ghee. Add about 2 tbsp kataifi pastry to each muffin hole and press it down firmly using your fingers, bringing the dough around the sides of the holes as well.

**3** Fill the middle of each pastry nest with a heaped tablespoon of ricotta, and cover with more kataifi pastry on top, pressing down gently with your fingers. Bake for 30-35 mins until golden brown.

**4** Remove from the oven and immediately pour over the syrup. *These are best eaten fresh out of the*

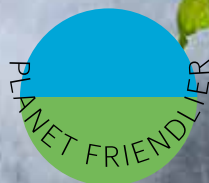
*oven.* Before serving, decorate with ground pistachios or dried rose petals, if you like.

**PER SERVING** 244 kcals • fat 11g • saturates 6g • carbs 31g • sugars 18g • fibre 1g • protein 4g • salt 0.2g



Recipes adapted from *The Ramadan Family Cookbook* by Anisa Karolia. Recipes are sent by the publisher and not retested by us.





# 15 ways to reduce your food carbon footprint

Apply these subtle tweaks to the way you shop, cook and eat to reduce your impact on the environment

*words* PAUL ALLEN

**F**ortunately, saving the world isn't just a job for superheroes. Making several small changes to what and how you eat – from reducing food waste to updating your freezer – can cut your food carbon footprint and help reduce the total impact of carbon dioxide on our planet.

## 1. Avoid plastic packaging

We know single-use plastics are harmful for the environment – they're more likely to end up in our oceans than reusable options – and it takes a lot of fossil fuels to produce them. Try using beeswax wraps rather than cling film. It's also good to know which types of plastic to avoid – food pouches and pizza boxes often can't be recycled, for example.

## 2. Don't overfill your kettle

Fancy a cuppa? Only put as much water in your kettle as you need. The Energy Saving Trust says this tip could save water, fuel and reduce your electricity bill. Add an

aerator to your tap – a little gadget that reduces the amount of water coming out – to save additional each year.

## 3. Pick better coffee pods

Making coffee at home does cut costs, but coffee pods are a huge environmental hazard. Globally, 29,000 end up in landfill every month, where they can take an estimated 500 years to break down. Go for compostable coffee pods instead – you still get your caffeine fix, but without compromising the planet.



Paul Allen is a former BBC environmental editor and a director at Lark, a creative agency working with organisations committed to positive social and environmental change.  
✉ [@larkingly](#)





Avoiding meat and dairy is widely agreed to be the biggest way to reduce your impact on the planet



#### 4. Cut out meat

Switching to a vegetarian or vegan diet can save you 0.8 tonnes of CO<sub>2</sub> a year. It may not sound like much, but going plant-based is one of the most effective ways to shrink your food carbon footprint.

A 2023 study found a meat-eater's diet produces around 10kg of greenhouse gasses every day, compared with just 2.5kg for a vegan diet; that's a huge 75 per cent reduction. In fact, avoiding meat and dairy is widely agreed to be the biggest way to reduce your impact on the planet. See our recipes (opposite and overleaf) and be inspired.



#### Vegan curried coconut stew

**SERVES 4** **PREP** 15 mins

**COOK** 30 mins **EASY V**

1 tbsp rapeseed or olive oil  
 2 onions (320g), chopped  
 20g ginger, peeled and shredded  
 320g sweet potatoes or butternut squash, peeled and cut into chunks  
 2 tbsp korma curry powder  
 1 tsp ground cumin  
 1 cinnamon stick  
 2 x 400g can chopped tomatoes  
 2 tsp vegetable bouillon powder  
 400g can butter beans  
 400g can borlotti beans  
 175g green beans, trimmed and cut into equal lengths  
 120g cabbage, shredded  
 175g coconut yogurt

**1** Heat the oil in a large non-stick pan over a medium heat and fry the onions and ginger for a few minutes until starting to soften. Add the sweet potatoes or squash and cook a few minutes more. Stir in the curry powder, cumin and cinnamon stick, then tip in the tomatoes, two cans of water and the bouillon powder. Bring to the boil.

**2** Tip in all the beans along with their liquid. Bring back to a simmer and cook, uncovered, for 15 mins. Stir in the cabbage and yogurt, then cook for 5 mins more until all the vegetables are tender. Remove from the heat and leave to cool for a few minutes, then serve. *Any leftover stew will keep chilled for up to a day. Reheat in a pan over a medium-low heat until piping hot and bubbling.*

**GOOD TO KNOW** vegan • low cal • low fat • fibre  
**PER SERVING** 387 kcal • fat 10g • saturates 5g •  
 carbs 51g • sugars 24g • fibre 19g • protein 14g •  
 salt 1.2g



Eating your leftovers  
can cut carbon and  
your food costs



### 5. Make your tea greener

If you're having a brew, think about what's going in the pot. Britons use around 165 million teabags a day, but a 2019 report found many are heat-sealed using a type of plastic. Bigger brands are slowly making changes, but why not use loose tea leaves? They're plastic-free and can be composted, too.

## Mushroom tacos

**SERVES 4** **PREP** 30 mins  
**COOK** 30 mins **EASY** **V**

### For the taco shells

250g gram (chickpea) flour  
2 tbsp fine cornmeal (optional)  
½ tsp rapeseed oil

### For the cashew cream

100g unroasted cashew nuts  
2 tbsp lime juice  
20g coriander

### For the mushrooms

1 tbsp rapeseed oil  
4 large flat mushrooms, about  
400g, thickly sliced  
2 large garlic cloves, finely grated  
1 tsp each cumin seeds, hot chilli  
powder and ground coriander  
400g pinto beans, drained and  
liquid reserved  
2 tsp tomato purée  
4 tomatoes, cut into wedges  
4 handfuls of shredded lettuce

**1** Sift the gram flour and cornmeal, if using, into a bowl and make a well in the centre. Gradually whisk in 400ml water to make a smooth, thick batter. Set aside.

**2** To make the cashew cream, put the cashews in a bowl with 100ml boiling water, the lime juice and half the coriander, then blitz with a hand blender until smooth and creamy. Add 1 tbsp more water, if needed, to loosen.

**3** For the mushrooms, heat the oil in a large, non-stick lidded pan over a medium heat. Add the mushrooms and garlic, then cover the pan for about 5 mins so they start to steam in their own juices. Remove the lid and cook for 2-3 mins more until softened, stirring occasionally. Add the cumin seeds, chilli powder and ground coriander, then stir in the pinto beans and tomato purée. Cook for 2-3 mins, adding a splash of the reserved bean liquid to loosen. Add





the tomato wedges and cook for a few minutes until softened, but not completely broken down. Stir in the remaining coriander, cover the pan and set aside.

**4** Heat the oil for the tacos in a 20cm non-stick frying pan. Spoon in 4 tbsp of batter and swirl to cover the base. Cook for 1-2 mins on each side, until browning in spots. Make more tacos in the same way (you should have enough batter for eight), keeping them warm in a low oven. *The batter will keep chilled for up to three days.*

**5** Fill the hot tacos with shredded lettuce, the cashew cream and the mushrooms. *The mushrooms will keep chilled for up to three days. Reheat in the microwave until warmed through.*

**GOOD TO KNOW** vegan • fibre

**PER SERVING** 520 kcal • fat 20g • saturates 3g • carbs 51g • sugars 6g • fibre 14g • protein 28g • salt 0.5g



## 6. Eat organic

While the debate over whether organic produce is healthier for you continues, a number of studies do agree on one thing: organic fruit and veg contain less environmentally harmful chemicals than non-organic.

“Experts advise buying the best pans you can



## 7. Up your veg

If going vegan feels too tricky, try reducing the amount of meat you eat instead.

## 8. Don't bin leftovers

We throw away 6.6 million tonnes of food every year – and almost three-quarters of that is food we could have eaten. This food waste is equivalent to 36 million tonnes of CO<sub>2</sub>, so eating your leftovers can cut carbon and your food costs. Find some recipe inspiration at [bbcgoodfoodme.com](http://bbcgoodfoodme.com).

## 9. Love lumpy fruit and veg

You can now buy wonky veg boxes in most supermarkets, or order one to your door.

## 10. Consider your cooking methods

Figures show that cooking is responsible for 13.8 per cent of the electricity we use in our homes, so finding a more efficient way to cook means less CO<sub>2</sub> will be produced. The Energy Saving Trust says a

microwave may be your best bet; it only heats up your food and not the air around it.

## 11. Invest in cookware

Apart from how you cook your food, what are you cooking it in? Experts advise buying the best quality pots and pans you can afford to stop them ending up in landfill in one or two years. Do your research and think about what you're going to use them for.

## 12. Rethink food miles

We're told not to buy fruit and veg with too many food miles, but the issue isn't that clear-cut. Mike Berners-Lee, author of *How Bad Are Bananas?*, says bananas are actually okay because they're imported by boat – their carbon footprint is just 480g of CO<sub>2</sub> per kilo, despite the distance they travel. But, air-freighted produce, like out-of-season strawberries, has a much greater carbon footprint. So, try to find out how your food travelled from farm to fork.






### 13. Feel the freeze

If you do pick or purchase a lot of seasonal fruit and veg, a freezer is your friend. Freezing food not only reduces food waste, but you can batch-cook meals and freeze them, reducing the amount of gas or electricity needed to cook them individually. Just make sure your freezer is energy-efficient – 16.8 per cent of the electricity we use at home is for freezing or cooling food.

### Creamy spinach & mushroom penne

**SERVES 2** **PREP** 10 mins  
**COOK** 10 mins **EASY** 

175g wholemeal penne  
50g unroasted, unsalted cashews  
10g dried porcini mushrooms  
1 tsp vegetable bouillon powder  
1 tbsp rapeseed oil  
120g chestnut mushrooms, halved if large, thinly sliced  
2 large garlic cloves, finely grated  
200g baby spinach

**1** Cook the penne following pack instructions. Drain, reserving a little of the cooking water. Meanwhile, put the cashews and dried mushrooms in a medium heatproof bowl along with the bouillon powder, and pour over

200ml boiling water. Leave to soak for 5 mins, then blitz the mixture with a hand blender until smooth and creamy.

**2** Heat the oil in a large non-stick frying pan over a medium heat and fry the chestnut mushrooms and garlic for 2-3 mins until just starting to soften. Add the spinach and continue to cook, stirring frequently until the spinach has wilted. Tip the

pasta into the pan with the mushroom mixture, season with plenty of black pepper and toss everything together well. Remove from the heat and stir through the creamy mushroom sauce, adding a drop of the reserved cooking water, if needed, to loosen.

**GOOD TO KNOW**    

**PER SERVING** 483 kcals • fat 20g • saturates 3g •  
carbs 53g • sugars 3g • fibre 11g • protein 18g •  
salt 1.1g



When you open the door of a standing freezer, cold air flows out, but when you open the lid of a chest freezer, it stays inside



### 14. Shop local – especially in season

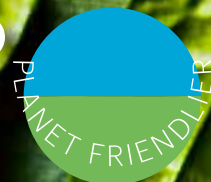
To cut your food carbon footprint even further, you'd think buying locally grown produce is the answer, but (again) it's not that simple. Berners-Lee says tomatoes are fine when they're in season in the UK, but during the winter, it's better to buy them from warmer countries rather than local varieties grown in heated greenhouses – this uses a lot more CO<sub>2</sub>, despite the lower food miles.

### 15. Chest may be best

A freezer should last about 10 years, or longer if you look after it. If you do need a new one – and you've got the space – a chest freezer could be the answer. They can store a huge amount of food and are more energy-efficient than their upright equivalents – when you open the door of a standing freezer, cold air flows out, but when you open the lid of a chest freezer, it stays inside.



# 'Superfoods' that don't break the bank



Swap trendy food, such as wheatgrass and coconut oil, for cheaper, equally nutritious everyday produce

*words* KERRY TORRENS

**T**here's no need to splash the cash to pack goodness into your meals. With the help of our expert nutritionist Kerry Torrens, we've compiled a list of everyday ingredients that make budget-friendly swaps for trendy but expensive so-called 'superfoods'. Our choices are generally just as nutritious – if not even better for you – than vogueish and pricey powders or berries.

## WHAT'S A 'SUPERFOOD'?

Most of us consider a 'superfood' to be one that provides plenty of health benefits. The term is widely used as a marketing tool, to persuade us that certain foods are superior to others. The truth is, no single food will make a diet healthy or counteract the effects of an unhealthy lifestyle. What's more, many 'superfoods' don't live up to their marketing straplines anyway. Instead, make your diet as varied and nutritious as possible.

## also in this section

5 healthy ideas  
with prawns **p88**

Healthy Diet Plan:  
dinner jackets **p90**

Diet decoder:  
the 5:2 diet **p93**



# Switch it up

While trendy 'health' foods can be expensive, you can reap many of the same benefits with budget-friendly swaps – read on to learn more



coconut oil

swap



butter or ghee

Although coconut oil is popular as a 'health' food, some of the claims associated with it are controversial. Virgin coconut oil (rather than 'refined') contains higher amounts of nutrients, such as vitamin E and plant compounds, including polyphenols.

Much of the publicity around coconut oil centres on its primary fatty acid, lauric acid. Previously classed as a medium-chain fatty acid (MCT), which is easily converted to energy and less likely to be stored as fat, more recent studies suggest lauric acid behaves as both a medium- and long-chain fatty acid. Scientists now think evidence relating to the benefits of MCTs may not be as applicable to coconut oil.

**Why butter?** Recent evidence suggests dairy may not be as harmful as we once thought. Butter actually contains less saturated fat than coconut oil, as well as providing some of the useful MCT fats that coconut oil is famed for. But, its distinct advantage is its short-chain fatty acids, such as butyrate, which may have the power to improve gut health, prevent disease and regulate the immune system.

Butter also provides a wider range of vitamins, including vitamins E, A and D.



chia

swap



flaxseed

These are the edible seeds of a flowering plant and a member of the mint family. Despite their tiny size, they are loaded with fibre and protein, and are a useful plant source of omega-3 fatty acids. In fact, the fibre content of chia outweighs many other healthy foods, including beans, figs and plums. Chia seeds also contain a range of minerals, including zinc, iron and calcium, plus vitamins. Studies have also shown they have protective, anti-inflammatory and, potentially, anti-cancer properties.

**Why flaxseed?** Also known as linseed, the golden seeds of the flax plant don't quite match the fibre contribution of chia seeds, but are still an excellent source compared to many other foods. Like chia, they're a valuable plant source of omega-3 fatty acids as well as minerals including zinc, iron and calcium. They are a richer source of folate and potassium and contribute slightly more protein than chia seeds.

Flaxseeds are also a very rich source of phyto-oestrogens in the form of lignans; these compounds have been studied for their cancer-protective properties and their value for women going through the menopause.



açaí

swap



blackberries

These small berries grow in the Amazon rainforest. They contain protective plant compounds, including resveratrol and anthocyanins – both are anti-inflammatory and may protect against age-related conditions like heart disease and diabetes.

Loaded with fibre, vitamin A and manganese, açaí berries are also a useful source of iron and calcium. They are typically freeze-dried and made into a purée or powder.

**Why blackberries?** Like açaí, they are a rich source of protective plant compounds, including anthocyanins (responsible for their deep purple colour, as well as many of their health benefits). Packed with vitamins A, C and K as well as manganese – a mineral that we need for strong bones and a healthy immune system – blackberries are also a valuable source of fibre, like açaí.



spirulina

swap



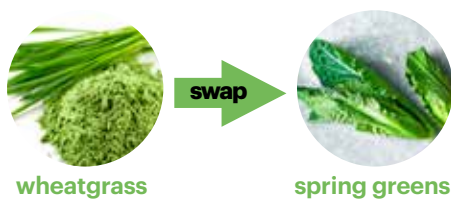
spinach

An algae grown naturally in mineral-rich waters, spirulina is purchased as a powder and usually added to juices and smoothies. It is said to be nature's richest and most complete source of nutrition, making it hard to substitute. It's rich in minerals, most notably potassium, which helps promote heart health and fluid balance. It also provides vitamins, including the B group, vitamins C and E and many as-yet-unexplored plant compounds.

**Why spinach?** Rich in chlorophyll, leafy greens like spinach are recognised as having substantial health-promoting properties. It has a diverse nutritional profile, which includes vitamins like A, C, E and K, and minerals including potassium and calcium. Beyond its basic nutrition, spinach is rich in plant compounds that promote energy production and heart health.

“The word 'superfood' is widely used as a marketing tool”





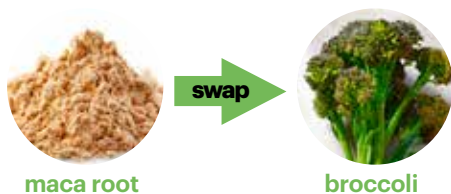
wheatgrass

spring greens

Wheatgrass is typically consumed fresh as a juice or bought in powder form and added to smoothies. The young leaves of the *Triticum Aestivum* grass (as wheatgrass is officially known) are loaded with chlorophyll, vitamins A, C, E and K, minerals and plant compounds, such as flavonoids. The grass also contains amino acids, the building blocks of protein, which we need for growth and repair.

**Why spring greens?** In season now, this young, leafy green is budget-friendly, yet is similarly rich in chlorophyll, provides minerals like iron and vitamins A, C, E and K. Like wheatgrass, spring greens contain beta-carotenes, including lutein and zeaxanthin, which are famed for promoting skin and eye health.

As an extra bonus, these young leaves also contain the natural plant compounds sulforaphane and indoles. Growing evidence suggests these have a significant anti-cancer action, are anti-inflammatory and may help protect against heart disease and stroke.



maca root

broccoli

Maca is a cruciferous vegetable native to Peru; in its whole form, it looks a little like a pale-coloured radish. It's typically consumed as a supplement. It is rich in fibre, contributes a wide range of amino acids, vitamin C and the minerals copper, iron and calcium. Although evidence is scant, maca is often taken for its perceived improvements to reproductive health, and its energising properties.

**Why broccoli?** Broccoli comes from the same family of vegetables as maca (along with cauliflower and cabbage). As well as vitamin C, calcium, iron and copper, broccoli is also a useful source of folate. Like many of its cruciferous relatives, it is rich in anti-cancer compounds (purple sprouting broccoli is even higher in these). When included regularly in the diet, broccoli may help balance hormones, most notably oestrogen, and is also thought to support energy levels through its action on the beneficial bacteria that reside in the gut.

## Great-value super-swap recipes to try



### Energy balls

*Shape a mix of peanut butter, flaxseeds, pecans, raisins and coconut into balls for a healthy, energy-boosting snack.*

**SERVES 8 PREP 10 mins**  
**NO COOK EASY V**

100g pecan  
75g raisins  
1 tbsp ground flaxseed (or a mix  
– we used a milled flaxseed,  
almond, Brazil nut and walnut mix)  
1 tbsp cocoa powder

1 tbsp agave syrup  
50g desiccated coconut  
2 tbsp peanut butter

**1** Blitz the pecans to crumbs in a food processor. Add the raisins, peanut butter, flaxseed, cocoa and agave syrup, then pulse to combine.  
**2** Shape the mixture into golf-ball-sized balls and roll in the desiccated coconut to coat. Chill for 20 mins until firm, then eat whenever you need a quick energy boost.

**PER SERVING** 204 kcals • fat 17g • saturates 5g •  
carbs 10g • sugars 10g • fibre 3g • protein 4g • salt 0.1g



## Gingerly broccoli-fry with cashews

**SERVES 2** **PREP** 15 mins  
**COOK** 10 mins **EASY** **V**

320g broccoli, stalks and florets separated  
40g cashews, roughly chopped  
1 tbsp sesame oil  
15g ginger, finely sliced  
1 small red onion, finely chopped  
1 red pepper, deseeded and cut into thin strips  
1 large carrot (160g), cut into thin strips  
2 garlic cloves, thinly sliced  
1 red chilli, deseeded and finely chopped, plus extra, sliced, to serve  
1 tbsp tamari  
1 lime, juiced and zested  
7g chopped coriander, plus extra to serve  
2 eggs, beaten

**1** Blitz the broccoli stalks in a food processor until finely chopped. Add the florets, and pulse again to achieve a rice-like texture.

**2** Lightly toast the cashews in a wok or frying pan, then tip onto a plate and set aside. Heat the oil in a pan over a high heat and add the ginger, onion, pepper, carrot, garlic and chilli. Stir-fry for 2-3 mins until starting to brown, then cover with a lid and cook for another 2 mins.

**3** Add the broccoli and 3 tbsp water, and stir-fry for 3 mins until all the veg is tender. Pour in the tamari, lime juice and zest and the coriander, stir well, then pour in the eggs and stir-fry briefly to just set. Serve with the cashews, extra coriander and some sliced chilli scattered over, if you like.

**GOOD TO KNOW** healthy • folate • fibre • vit c • fibre • iron • 4 of 5-a-day • gluten free

**PER SERVING** 388 kcals • fat 21g • saturates 4g • carbs 22g • sugars 15g • fibre 13g • protein 20g • salt 1g

### gf tip

Chopping cruciferous veg enhances the levels of beneficial compounds called glucosinolates, which have cancer-protective properties.







### Spring greens with lemon dressing

**SERVES 8** **PREP** 10 mins  
**COOK** 5 mins **EASY** **V**

250g broccoli, thicker stalks halved  
400g spring greens, thick stalks removed, shredded

#### For the dressing

2 garlic cloves, crushed  
1 lemon, zested and juiced  
2 tbsp olive oil


**1** For the dressing, combine the garlic, lemon juice and zest, olive oil and some seasoning. Set aside.  
**2** Bring a large pan of water to the boil and cook the broccoli and greens for about 5 mins until tender. Drain well, then toss through the dressing and serve.

**GOOD TO KNOW** vegan

**PER SERVING** 53 kcals • fat 4g • saturates 1g • carbs 2g • sugars 2g • fibre 3g • protein 3g • salt 0.1g

**Kerry Torrens** is a qualified nutritionist (MBANT) and member of the British Association for Nutrition and Lifestyle Medicine (BANT).

### Blackberry & apple oat bake

**SERVES 6** **PREP** 15 mins  
**COOK** 50 mins **EASY** **V** 

500ml semi-skimmed milk  
2 small cinnamon sticks  
6 cardamom pods, bashed  
2 Gala apples, peeled, cored and cut into 1cm cubes  
200g jumbo porridge oats  
1 egg, beaten  
1 tsp vanilla extract  
1 tsp baking powder  
100g pecans, roughly chopped  
320g blackberries  
fat-free yogurt and maple syrup, to serve

**1** Heat the oven to 200C/180C fan/gas 6. Put the milk, spices and apples in a small saucepan. Cover, bring to the boil and simmer for 10-12 mins. Set aside to infuse for 15 mins.

**2** Remove and discard the spices, then pour the apples and milk into a large bowl and roughly crush the apples using the back of a fork. Mix in the oats, egg, vanilla, baking powder, pecans and blackberries.

**3** Tip into a 2-litre ovenproof dish and bake for 30-35 mins until piping hot in the middle. Serve with yogurt and maple syrup, if you like.

**GOOD TO KNOW** healthy • fibre • 1 of 5-a-day  
**PER SERVING** 337 kcals • fat 17g • saturates 2g • carbs 33g • sugars 10g • fibre 6g • protein 10g • salt 0.3g





## 5 healthy ideas

# prawns

This popular seafood is low in calories and packed with protein, minerals and B vitamins

### Spanish rice & prawn one-pot

**SERVES 4** **PREP** 4 mins  
**COOK** 16 mins **EASY**

Boil the kettle. Fry **1 sliced onion**, **1 red** and **1 green pepper**, deseeded and sliced, **50g sliced chorizo** and **2 crushed garlic cloves** in **1 tbsp vegetable oil** in a non-stick frying pan or shallow pan with a lid over a high heat for 3 mins. Stir in **250g easy-cook basmati rice** and a **400g can chopped tomatoes** with 500ml boiling water from the kettle, cover and cook over a high heat for 12 mins. Uncover – the rice should be almost tender. Stir in **200g raw peeled prawns** and a splash more water if the rice is looking dry, then cook for another minute until the prawns are pink and cooked through and the rice is tender.

**GOOD TO KNOW** healthy • low fat • low cal • vit c • 2 of 5-a-day  
**PER SERVING** 398 kcals • fat 8g • saturates 2g • carbs 63g • sugars 8g • fibre 3g • protein 17g • salt 1g

### Prawn tagliatelle with courgettes

**SERVES 2** **PREP** 10 mins  
**COOK** 10 mins **EASY**

Heat **2 tbsp oil** in a frying pan over a medium heat and fry **2 trimmed and grated courgettes** for 4-5 mins, then stir through **1 finely grated large garlic clove** and **1 finely chopped small red chilli**. Cook 180g **tagliatelle** following pack instructions. Drain, reserving some of the cooking water. Add **150g raw peeled king prawns**, deveined, and cook for 2 mins until pink. Add the pasta and the **zest and juice of 1 lemon**, **1½ small bunch of finely chopped parsley**, some seasoning and a splash of the reserved cooking water.

**GOOD TO KNOW** healthy • low cal • folate • fibre • vit c • 1 of 5-a-day  
**PER SERVING** 478 kcals • fat 15g • saturates 2g • carbs 54g • sugars 5g • fibre 7g • protein 28g • salt 1.3g

### Green chowder with prawns

**SERVES 4** **PREP** 10 mins  
**COOK** 30 mins **EASY** ✨

Heat **1 tbsp olive oil** in a saucepan over a medium heat and cook **1 finely chopped onion** and **1 finely chopped celery stick** for 5-6 mins until softened but not coloured. Add **1 garlic clove** and cook for a further minute. Stir in **300g petit pois**, **200g sliced kale** and **2 finely chopped potatoes**, then add **1 low-salt chicken stock cube** and 750ml water. Bring to the boil. Simmer for 10-12 mins until the potatoes are soft. Tip three-quarters of the mixture into a food processor and whizz until smooth. Add a little more water or stock if it's too thick. *Will keep frozen for up to a month. Leave to cool first.* Pour the mixture back into the pan and add **50g cooked prawns**. Divide the chowder between four bowls and spoon another 50g prawns on top.

**GOOD TO KNOW** healthy • low fat • low cal • fibre • vit c • 2 of 5-a-day • gluten free  
**PER SERVING** 174 kcals • fat 5g • saturates 1g • carbs 18g • sugars 7g • fibre 7g • protein 11g • salt 0.5g

### Prawn & harissa spaghetti

**SERVES 2** **PREP** 5 mins  
**COOK** 15 mins **EASY**

Bring a pan of lightly salted water to the boil. Add **100g long-stem broccoli**, chopped into thirds, and boil for 1-2 mins, or until tender. Drain and set aside. Cook **180g spaghetti** following pack instructions, then drain, reserving a ladleful of cooking water. Heat **2 tbsp olive oil** in a large frying pan, add **1 large garlic clove** and fry over a low heat for 2 mins. Remove with a slotted spoon and discard, leaving the flavoured oil behind. Add **150g halved cherry tomatoes** to the pan and fry over a medium heat for 5 mins, or until beginning to soften. Stir through **150g raw king prawns** and cook for 2 mins until turning pink. Add **1 heaped tbsp of rose harissa paste** and the **zest of 1 lemon**, stirring to coat. Toss the spaghetti and pasta water through the prawns and harissa. Stir in the broccoli, season to taste and serve.

**GOOD TO KNOW** healthy • fibre • vit c • 1 of 5-a-day  
**PER SERVING** 511 kcals • fat 13g • saturates 2g • carbs 72g • sugars 6g • fibre 7g • protein 22g • salt 0.9g



Prawn tagliatelle with courgettes



## Tamarind prawn curry

**SERVES 2** **PREP** 5 mins

**COOK** 15 mins **EASY**

Heat **1 tbsp vegetable oil** in a frying pan over a medium heat and cook **1 chopped onion** for 5-8 mins until lightly golden. Stir in **1 finely chopped red chilli**, **2 crushed garlic cloves** and **1 tbsp grated ginger**, and fry for another minute before adding **1 tsp each of ground turmeric, cumin seeds and ground coriander**. Tip in a **400g can of cherry tomatoes**, swirl the can out with a splash of water and stir that into the pan as well. Simmer for 5 mins until the tomatoes burst and the sauce thickens. Stir in **1 tbsp tamarind paste** and **250g raw king prawns**, and simmer for 2-3 mins until the prawns are cooked. Serve the curry on top of **250g cooked basmati rice**, scattered with a **handful of chopped coriander**.

**GOOD TO KNOW** healthy • low fat • low cal

• vit c • 2 of 5-a-day

**PER SERVING** 403 kcs • fat 9g • saturates 1g • carbs 56g • sugars 17g • fibre 5g • protein 21g • salt 1.4g







**healthy diet plan**

# dinner jackets

Cheesy potato skins topped with baked beans don't sound healthy, but we've just proven they can be

*recipe* SARA BUENFELD *photograph* LIAM DESBOIS

## Loaded potato skins with speedy baked beans

*You'll want to cook these beans again and again. Not only are they easy to make, they also pack in two of your five-a-day.*



**SERVES 2 PREP 10 mins**  
**COOK 1 hr 5 mins EASY V**

2 baking potatoes (about 250g each)  
drizzle of rapeseed oil  
50g mature cheddar, finely grated  
2 spring onions, white parts finely chopped (save the greens for another recipe)

### For the beans

½ tsp rapeseed oil  
2 garlic cloves, finely grated  
2 tbsp tomato purée  
1 tbsp balsamic vinegar  
1 tsp smoked paprika  
400g can cannellini beans

**1** Heat the oven to 220C/200C fan/gas 7. Rub the potatoes with a small drop of the oil, then put on a baking tray and bake for 50 mins until almost tender. Toss the cheese and onion together and set aside.  
**2** Meanwhile, make the beans. Heat the rest of the oil in a small

non-stick pan and fry the garlic over a low heat for about a minute, stirring to soften. Add the tomato purée, vinegar and paprika, and cook, stirring, for about a minute more. Tip in the beans and the liquid from the can. Cook for a few minutes so the beans are coated in the sauce, then turn off the heat. Set aside until the potatoes are ready.

**3** After the potatoes have had their 50 mins, remove from the oven and halve lengthways. Carefully scoop out the middles using a teaspoon to create a shell, with an even layer of potato all the way round. Don't take out too much, just about 50g from each potato. Pile on the cheese and onion, then return to the oven for 15 mins until golden. To serve, gently reheat the beans and spoon on top of the cheesy potato skins.

**GOOD TO KNOW** healthy • low fat • low cal • fibre •  
2 of 5-a-day • gluten free

**PER SERVING** 414 kJ • fat 10g • saturates 5g •  
carbs 54g • sugars 8g • fibre 13g • protein 20g • salt 1g

## **gf** use it, don't lose it

You don't have to waste the scooped-out potato. Add it to soups, veg dishes and curries, or turn it into a thin Spanish-style omelette for one along with garlic and beaten eggs.









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Your  
diet  
decoder

## All about the

# 5:2 diet

Our nutrition expert looks at some of the most popular diets and evaluates the evidence and health impacts

words KERRY TORRENS

“The diet allows you to eat what you want for five days of the week, then cut calories for the other two days

”

### What is the 5:2 diet?

The 5:2 diet came to prominence after the publication of *The Fast Diet* book by Dr Michael Mosley in 2013. It's based on intermittent fasting, a way of eating where you avoid food for specific periods – whether that be an entire day without eating, or ensuring that you don't eat between 7pm and 7am. Intermittent fasting has been associated with several potential health benefits, as well as weight loss. The 5:2 diet allows you to eat what you want for five days of the week, but requires you to dramatically cut calories for the other two days. It's a 'part-time' approach that focuses on how you eat, rather than what you eat.

### What's the theory behind it?

The diet is based on the idea that, after a period of hours with limited calories, the body switches from the ready supply of energy from food to burning its fat stores. The fact you can eat pretty much what you like for the majority of the week is key to the diet's popularity.

### What can and can't I eat?

Dieters are recommended to consume a 'normal' number of calories for five days, then for two non-consecutive days, eat just

25 per cent of their usual calorie total (500 calories for women and 600 for men).

There are no restrictions on the types of food you can eat; however, a balanced diet is advised across the whole week to ensure you get the nutrients you need. Even on low-calorie days, try to ensure you choose nutrient-dense foods. So, although you might think it's easier to resort to calorie-counted ready-meals, you'd be better opting for lean protein like poultry and vegetables. And, on your non-fast days, pack your meals with healthy fats and nutritious options, including fruit, veg, wholegrains and protein.

Stay hydrated and don't fast on consecutive days to avoid tiredness. You could ease into fasting before starting the diet by extending the time between your evening meal and breakfast, starting with a minimum gap of 12 hours.

### Will it work?

The diet's creators suggest that women following the diet may expect to lose about 1lb a week, with men losing about the same or a little more. However, individuals' results will vary, depending on circumstances and the amount of weight you have to lose.



# 25%

*The suggested percentage of your usual calories to be consumed on fasting days*

“  
Potential  
benefits  
include  
improving  
brain  
function  
and blood  
sugar  
control  
”

Studies suggest that the 5:2 diet is as effective for weight loss as daily calorie restriction. Some research also supports a positive influence on metabolism, weight management and gut health, as well as a number of other health benefits, although there's a need for longer term, human-based studies to confirm these. These potential benefits include improving brain function, reducing the risk of heart disease, stroke and cancer, improving cholesterol levels and blood-sugar control, and anti-ageing.

The 5:2 diet is likely to be easier to follow than many others, which might make it more successful. Only needing to count (or restrict) calories on two days per week, and not having to exclude any food groups while still eating what you want for the rest of the week, will mean less alteration to eating habits or feeling of deprivation for many. You will need to be careful that you don't over compensate on non-fast days, however.

### **Our nutritionist's verdict**

Many followers see this eating regime as less of a 'diet' and more of a way of life that may help them maintain their weight loss in the longer term. Fasting is a simple concept that appears to help with weight loss, although some people may find periods of hunger difficult. Others may find they feel low in energy, have poor concentration, headaches and dizziness on fasting days.

Much of the emphasis given to the 5:2 is on the 'fasting' days, but in order to be safe, effective and healthy, the food consumed during the other five days of the week needs to be highly nutritious. So, aim to follow healthy eating principles and include essential fats from oily fish, nuts and seeds, lean protein, wholegrains and starchy carbs with plenty of fruit and vegetables. If you intend to follow it for longer, you may need to consult a dietitian to ensure you're not at risk of any nutrient deficiencies.



As with all diets, pregnant and breastfeeding women, as well as diabetics on medication, should seek medical advice before embarking on a restricted eating programme. Teenagers and children are likely to miss out on crucial nutrients needed for growth; these groups may also be at risk of developing unhealthy eating habits. Furthermore, if you have or are recovering from an eating disorder, this diet may be inappropriate for you.

Please note, if you are considering attempting any form of diet, please consult your GP first to ensure you can do so without any risk to your health.

**Now try our delicious 5:2 recipes, opposite**



Photos ALVAREZ/E+/GETTY, ISTOCK/GETTY IMAGES PLUS





### Paillard of chicken with lemon & herbs

*Pounding meat until thin and flat is a great technique for griddled or barbecued chicken breast, as it ensures it won't dry out. Try this version with lemon and herbs.*

**SERVES 6** **PREP** 15 mins plus 2 hrs marinating **COOK** 5 mins **EASY**

6 skinless chicken breasts  
2 tbsp olive oil  
½ tbsp balsamic vinegar  
140g rocket  
25g parmesan  
lemon wedges  
**For the marinade**  
2 garlic cloves

3 rosemary sprigs, leaves chopped  
6 sage leaves, finely shredded  
1 lemon, zested and ½ juiced  
3 tbsp olive oil

**1** Put each chicken breast between two sheets of baking parchment. Use a meat mallet or rolling pin to bash each piece of chicken – flatten out to an even layer, about 0.5cm thick. Transfer to a dish.

**2** To make the marinade, crush the garlic with a good pinch of salt using a pestle and mortar. Add the rosemary and sage, and give everything a good pounding. Stir through the lemon zest and juice, olive oil and ground black pepper. Pour the marinade over the chicken,

ensuring it's well coated. Cover and chill for at least 2 hrs.

**3** Heat a griddle pan. Once hot, cook the chicken for about 2-3 mins on each side until cooked through and the juices run clear.

**4** Meanwhile, pour the oil and balsamic vinegar into a large bowl. Add the rocket and some seasoning. Toss together, then shave over the parmesan. Serve the salad with the chicken, with lemon wedges for squeezing over.

**GOOD TO KNOW** low cal • gluten free  
**PER SERVING** 240 kcals • fat 12g • saturates 3g •  
carbs 1g • sugars 1g • fibre none • protein 32g •  
salt 0.3g



## One-pan eggs & peppers

*Inspired by menemen, a traditional Turkish dish, this is ideal for a wholesome brunch. Serve with warm pittas for scooping up the sauce.*

**SERVES 4** **PREP** 10 mins

**COOK** 25 mins **EASY** **V**

2 tbsp olive oil  
2 onions, sliced  
1 red or green pepper, halved  
deseeded and sliced  
1-2 red chillies, deseeded and sliced  
400g can chopped tomatoes  
1-2 tsp caster sugar  
4 eggs  
6 tbsp thick yogurt  
2 garlic cloves, crushed  
small bunch of parsley, chopped

**1** Heat the olive oil in a heavy-based frying pan. Stir in the onions, peppers and chillies. Cook until they begin to soften. Add the tomatoes and sugar, mixing well. Cook until the liquid has reduced, then season.

**2** Make four wells in the tomato mixture and crack the eggs into them. Cover the pan and cook the eggs over a low heat until just set.

**3** Mix the yogurt with the garlic and season. Scatter the parsley over the eggs and serve with the yogurt.

**GOOD TO KNOW** vit c • 2 of 5-a-day

**PER SERVING** 222 kcals • fat 15g • saturates 4g •  
carbs 12g • sugars 9g • fibre 3g • protein 12g • salt 0.4g



## Herby omelette with fried tomatoes

*Make a perfect protein-rich brunch or breakfast for two people. This healthy omelette can be on the table in just 10 minutes, served with juicy tomatoes.*

**SERVES 2** **PREP** 5 mins

**COOK** 5 mins **EASY** **V**

1 tsp olive oil  
3 tomatoes, halved  
4 eggs  
1 tbsp chopped parsley  
1 tbsp chopped basil

**1** Heat the oil in a small non-stick frying pan and cook the tomatoes cut-side down until starting to soften and colour. Meanwhile, beat the eggs with the herbs and plenty of freshly ground black pepper in a small bowl.

**2** Scoop the tomatoes from the pan and put them on two serving plates. Pour the egg mixture into the pan and stir gently with a wooden spoon so the egg that sets on the base of the pan moves to enable uncooked egg to flow into the space. Stop stirring when it's nearly cooked to set into an omelette. Cut into four and serve with tomatoes.

**GOOD TO KNOW** healthy • low cal • folate •  
1 of 5-a-day • gluten free

**PER SERVING** 204 kcals • fat 14g • saturates 4g •  
carbs 4g • sugars 4g • fibre 1g • protein 17g • salt 0.5g

## more ideas

Find more 5:2 recipes at:  
[bbcgoodfoodme.com](http://bbcgoodfoodme.com).

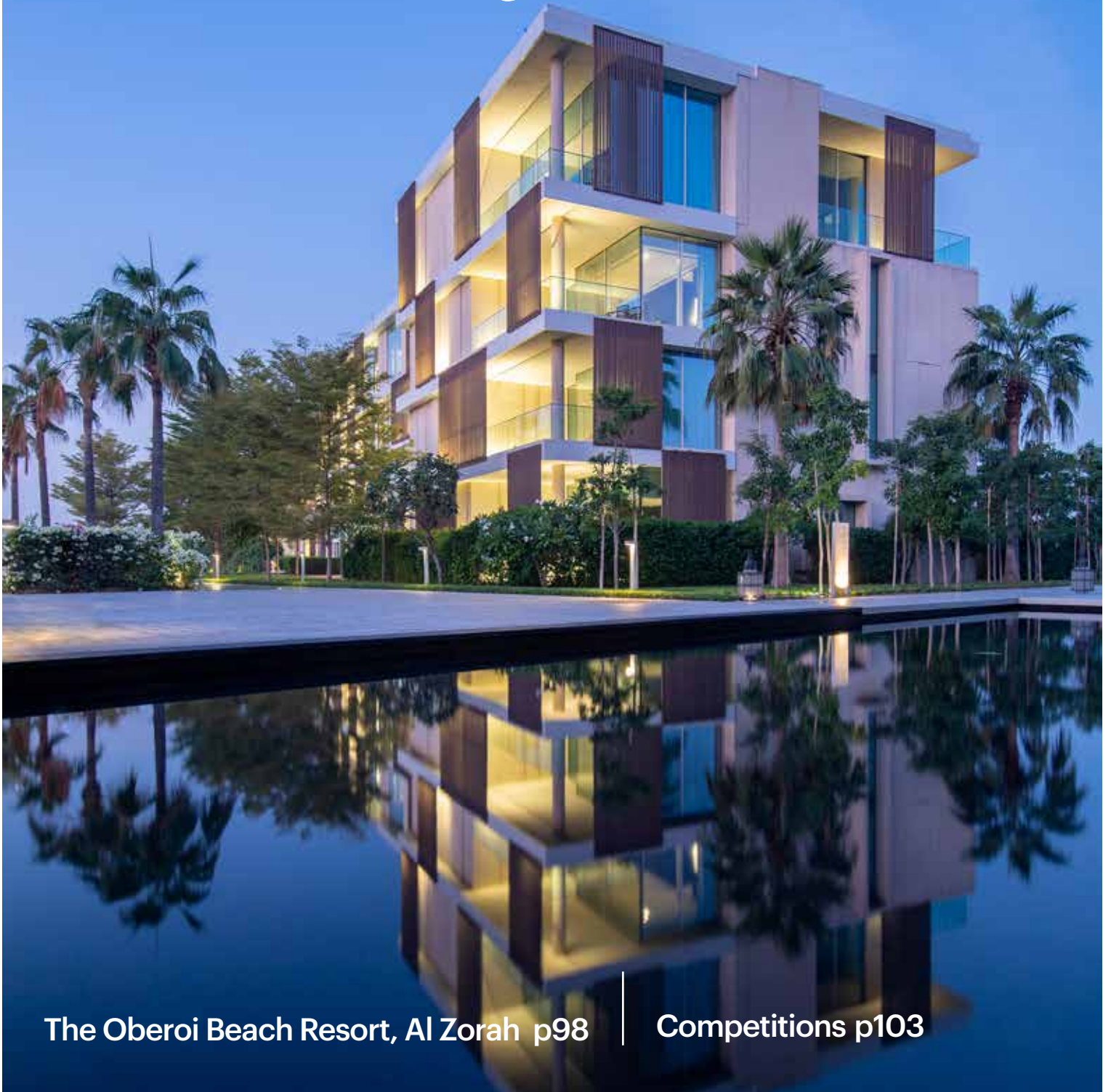
## NEXT MONTH

Learn about the Mediterranean diet – is it right for you?





# Gourmet lifestyle



The Oberoi Beach Resort, Al Zorah p98

Competitions p103







# COASTAL SERENITY

The Oberoi Beach Resort, Al Zorah, where luxury meets nature's embrace





**J**ust an hour's drive from Dubai, Al Zorah, a gem within Ajman, promises an idyllic retreat from the city's hustle. A wave of tranquillity envelops you as you enter, inducing a state of zen-like calmness. Meticulously tended gardens harmonise with a natural reserve on one side and burgeoning developments on the other, painting a picture of Al Zorah's evolving landscape.

Upon our arrival, we were ushered into the check-in area, where a delightful surprise awaited my 10-month-old: a charming Oberoi teddy bear, a companion throughout our stay. Expansive windows welcomed abundant natural light, illuminating the entire complex and allowing the signature scent of jasmine — characteristic of Oberoi properties — to gently drift through the air. Offering a range of villas, rooms, and suites, the setting provided a serene departure from Dubai and the city of Ajman. Minimalist yet sophisticated, the resort offers a peaceful sanctuary within reach of the Arabian Sea.

#### STAY HERE...

Designed with meticulous attention to detail, the expansive rooms ensure ample space for comfort. Perfect for a family of three, the Premier ocean view room with a private terrace offers sweeping vistas of the ocean and mesmerising sunset, providing an ideal spot to unwind with a good book and a cup of tea.

A soothing neutral palette defines the décor, while floor-

to-ceiling windows showcase panoramic views of the gardens, ocean, and the glass-walled Vinesse in the distance. Inside, a plush oversized sofa invites relaxation, accompanied by a luxurious king-size bed and an optional baby cot. The spacious ensuite bathroom features a full-size freestanding bathtub and a shower, allowing you to refresh for the day ahead or indulge in a relaxing soak with Forest Essentials' aromatic amenities. Handpicked artworks grace the walls, adding a touch of elegance to the space.

#### CULINARY OFFERINGS

The all-day dining restaurant Vinesse captivates with its elegant glass structure design, seemingly floating on the surrounding waters and seamlessly blending into the resort's ambience. During our stay, we savoured a memorable dinner here, exploring the special Thali concept by Chef Pranav Upadhyay, featuring an array of delectable curries served on a platter, accompanied by fragrant saffron-and spice-







infused rice. Each dish, bursting with flavour and featuring a variety of proteins, offered a delectable journey through Indian cuisine. Ending our meal with a traditional dessert, we indulged in a serving of carrot halwa topped with a scoop of vanilla ice cream.

For breakfast, Vinesse offers a delightful experience, especially when enjoyed on the terrace, where guests can bask in the gentle breeze while relishing breakfast specials. The menu boasts everything from freshly made dosa and paratha, to egg dishes from around the world, pancakes, waffles, fresh fruit, and Arabic specialties such as fowl medames.

Aquario beckons at lunchtime - a sublime Mediterranean seafood haven nestled along the coastline. Adorned with

wall-lined sofas, wooden tables, and wicker chairs, it exudes both warmth and elegance. Take your pick between indoor comfort or the pergola-shaded patio, which ensures daytime ease and transforms into an enchanting candlelit retreat come nightfall.

The menu proudly displays responsibly sourced seafood, spotlighting delights like zesty Salmon gravlax, delicate Scallop carpaccio, and hearty Spanish bluefin tuna tartare with a kick of horseradish crème fraîche and crisp shallots. The true star of the show, however, is the unforgettable Smoked spaghetti bottarga—a luscious fusion of sea bass ceviche and smoky buttery richness. Complemented impeccably by pistachio-crusted fish and a side of fermented grape sauce, it's a seafood masterpiece fit for a leisurely seaside lunch. End with the divine chocolate slab dressed with berries.

### RELAX AND REJUVENATE

The 90-minute Signature Experience at The Oberoi Spa is a perfect remedy for soothing aches, releasing tension, and banishing fatigue. The holistic ritual combines gentle, rhythmic movements to boost circulation and alleviate both physical and mental stress.

On Monday, Wednesday and Friday, a Crystal bowl sound healing session takes place at the calming Yoga Studio. Immerse yourself in a session of tranquil vibrations over the course of 45 minutes, allowing your body to instantly relax while melting away stress.

### BOOK NOW

From AED2,800 per night. Visit [oberoihotels.com/hotels-in-al-zorah-ajman/](https://oberoihotels.com/hotels-in-al-zorah-ajman/) for more information.



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# Competitions

Fabulous prizes, from dining vouchers to gourmet goodies, up for grabs



## WIN A SHOPPING VOUCHER AT BETTER LIFE, WORTH AED500

Discover Better Life, the premier destination for home appliances, boasting over 70 top brands spread across eight stores in Dubai and Abu Dhabi. From essential Home & Kitchen Appliances to Cooling Appliances, Cookware, and Kitchen Essentials, find everything you need to enhance your daily living. At Better Life, renowned brands converge to offer superior appliances, ensuring each day is elevated with quality and convenience.

## A SATURDAY BRUNCH FOR TWO AT NOMAD, WORTH AED500

Indulge in the culinary delights of Nomad Restaurant, where you can experience the vibrant atmosphere of their Pots & Pans Family Brunch. Treat yourself to an array of European and international dishes paired with premium beverages, all within the sophisticated ambience of the hotel. With interactive entertainment, stunning views of Dubai Creek, and a range of activities for all ages, Nomad offers the ideal weekend escape to elevate your dining experience.



## UNWIND IN STYLE AT CU-BA'S LADIES NIGHT, WORTH AED500

Experience the captivating atmosphere of Cu-Ba Restaurant, situated atop the Jumeirah Creekside Hotel, and indulge in the essence of Latin hospitality with a Cuban flair at Cu-Ba's Ladies Night every Friday. Savour unlimited house beverages while taking in the stunning panoramic vistas of Dubai, with special discounts offered to gentlemen on delectable food and drinks. With its contemporary tapas, soulful music, and unmatched hospitality, Cu-Ba offers an unforgettable rooftop lounge experience.







## A SUMPTUOUS HAMPER FROM BROOKLYN CREAMERY, WORTH AED500

Celebrate The Brooklyn Creamery's 4th anniversary with a chance to win a delectable hamper filled with its renowned low-calorie, no-added-sugar treats. Indulge your taste buds with their creamy delights, available at leading food aggregators and e-grocer platforms.

## DINING VOUCHER AT GUP & SHUP FOR TWO, WORTH AED500

Derived from Hindi, GupShup translates to 'chitchat' in English, and captures the essence of the restaurant - a lively hub reminiscent of India's vibrant streets. Led by Michelin-starred chef Rohit Ghai, Gup & Shup blends authentic street food with contemporary culinary experiences.



## DINING VOUCHER AT BURGUNDY LOUNGE, WORTH AED500

Enter to win an exclusive dining experience at the newly opened Burgundy Lounge, located in the Dubai Healthcare City. Discover Burgundy grapes with a curated selection of 56 exceptional varieties, expertly paired with delectable cuisine for an unforgettable culinary journey.



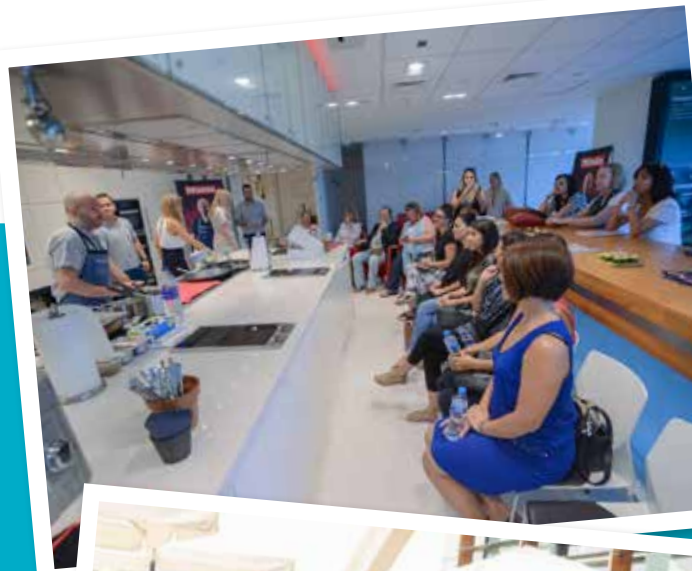
To be in with a chance of winning these prizes, visit our competitions page on [bbcgoodfoodme.com](https://bbcgoodfoodme.com), or simply scan this QR code with your mobile to directly to the website.

\*Terms & conditions apply. Employees of CPI Media Group and entrants below 21 years old are not eligible to enter. Winners will be selected on random basis from correct entries.



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